



A-Parent Education Academy Handbook

家長學堂手冊

2019-2020

Train up a child in the way he should go and
when he is old, he will not depart from it. <Proverbs 22:6>

教養孩童，使他走當行的道，
就是到老他也不偏離。 <箴言 22:6>



簡介



秉承香港浸會大學的教育使命，香港浸會大學附屬學校王錦輝中小學為實踐「全人為本，學子為先」的教育理念而設立「家長學堂A-Parent Education Academy」，希望透過與家長的緊密聯繫以及提供適切的教育和管教資訊，以尋求彼此的共識與共力，攜手造就我們的孩子以應付廿一世紀帶來的挑戰。

「家長學堂 A-Parent Education Academy」課程宗旨以著名心理學家Martin Seligman 提倡的正向心理學 (PERMA)理論而訂定「PARENT」框架作基石：

P – Positive emotions 正向情緒：培養家長和子女的正向情緒和思維

A – Achievement 成就感：發揮子女的未來成就和升學就業路向

R – Relationship 關係：建立健康的親子關係

E – Engagement 參與：提供親子一起參與活動的機會

N – Nurture 教養：建立教育和管教資訊的平台

T – Teamwork 協作：一個家校協作的模式

為實踐PARENT的概念，「家長學堂」劃分了六大範疇，以增強與子女溝通及管教子女的能力，從而促進親子關係和加強家長之間的聯繫。六大範疇包括：

- (一) 家長教育工作/家長座談會/分享會
- (二) 年度家長教育研討會
- (三) 家長義工
- (四) 親子興趣班
- (五) 自學分享
- (六) 家教會活動

透過不同形式的學習及服務，拉近家校之間的距離，讓家長與子女同步成長。此外，課程更設有計分獎勵制度，家長於每年參與或完成不同的課程或活動將獲頒證書以表鼓勵。我們期望A-School 的家長每年積極參與本校精心準備的家長教育課程、家長義工活動和分享，與子女一同學習、一同成長，成為一位出色的A-PARENT!

吳麗芬副校長(學生發展)

2019年9月



Introduction to A-Parent Education Academy

Upholding the ethos of Hong Kong Baptist University, the mission of Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School is to offer “Student-oriented Whole Person Education”. We make every endeavour to fulfill our mission and “A-Parent Education Academy” was established. Through close home-school liaison and providing information about education and parenting techniques, we aim at seeking mutual understanding and efforts to nurture our children to face the challenges of the 21st century.

“A-Parent Education Academy” aims to establish the framework “PARENT” as the cornerstone which is inspired the theory of positive psychology (PERMA) advocated by the famous psychologist Martin Seligman:

- P** – Positive emotions: fostering positive emotions of parents and children
- A** – Achievement: letting children explore their potential and their further studies/career paths
- R** – Relationship: Building a healthy parent-child relationship
- E** – Engagement: Providing opportunities for parents and children to participate in different events
- N** – Nurture: Providing a platform for sharing education and parenting techniques
- T** – Teamwork: Developing a model based on home-school collaboration

To implement PARENT, “A-Parent Education Academy” is divided into six major areas in order to enhance parents’ communication and parenting skills, thereby promoting parent-child relationships and strengthening parental links. The six major areas include:

- (i) Parent Education Workshops/Parent Seminars
- (ii) Annual Parent Education Conference
- (iii) Parent Volunteers/Sharing
- (iv) Parent-child Interest Classes
- (v) Self-learning Sharing
- (vi) PTA Activities

Different learning activities and services bring the school closer to home so that parents and children can grow up simultaneously. In order to encourage parents to participate in or complete different courses or activities, a credit award scheme is launched and certificates will be presented as recognition. We expect A-School’s parents will actively participate in the parent education programmes, parent volunteer activities and sharing, and learn together with our children to become an excellent A-PARENT!

Ms. Ng Lai Fun Stephanie

Vice Principal (Student Development)

September 2019





家長永遠是孩子的第一位老師，但在父母成長的過程中卻鮮有地被教育過如何做這位老師，我們大部份都是在成為父母時，同時學習如何當父母的。在過程中，我們都經歷到引導一顆心是非常的不容易，但無私的愛往往是推動我們去學習如何陪伴子女成長。

什麼才是對孩子最好的陪伴？什麼才是對孩子最好的教育？

當陪伴與聆聽在餐桌與課室中發生，教育就能成功地建立在孩子心上。孩子能學習得最好，是當他們所學的內容能在家庭與學校被一致地灌輸的時候。

「家長學堂」是一個由A-School設立的平台支援家長，學習明白孩子成長的挑戰，了解他們在這些年紀時是怎樣的，他們的需要。行為特性與及社交的發展，從而體會他們的心，成為孩子最好的陪伴者，引領他們朝着正面積極的方向前進。

其實每個人的生命就是一本書，需要一顆謙虛的心才能讀懂。來讓我們一起謙虛的學習，去讀懂孩子的心。

曹小怡
學生發展主任(小學部)

2019年9月

Parents are the child's first teachers, but we seldom have any training to be their teachers when we grow up. We are all learning as a parent at the same time of being. We all have experienced that guiding a heart is extremely demanding, yet our unconditional love is always motivating us to learn how to walk with our children on their unique growing journey.

So what is the best companion for children? What is the best education for children?

Education is well-built when it is discussed at the dinner table as well as in the classroom. Children gain the greatest strengths when there is consistency between the messages they learn at home and those they derive at school.

Parent Education Academy is a platform developed by A-School to support our parents, together we learn to understand our children in terms of their behavioral characteristics, social development, the challenges they are facing and their specific needs at their age. When we understand them wholeheartedly, we would touch their hearts, we can become the best companion for our children and facilitate them to grow in a positive direction with a positive mindset.

In fact, everyone's life is a book, in order to read and understand the book, a modest heart is needed. Let us learn together humbly to understand our child's heart.

Ms. Cho Siu Yee

Head of Student Development (PS Division)

September 2019



完成大學學位、碩士學位課程後，我深信自己是一位專業的老師，參與我家的家長教育工作後，才明白自己對家長教育認識不深；當上媽媽後，更深感家庭教育是需要每一位父母委身的「終生事業」。誠然，我們應該認清家長教育的必須及其重要性，因為我們的子女在不同階段有不同的需要。我校特設家長學堂的目的如下：

1. 加強家長對教育的認識

協助家長了解及認識教育制度，了解子女的身心發展，家長若能了解更多，對教導子女的幫助愈大。一方面令家長懂得為子女安排合適的教育，另一方面掌握溝通與相處技巧，提高教育效果。

2. 鼓勵家長積極參與學校工作

家校關係是家庭教育及學校教育的橋樑，互信互倚一起共育我生最具意義，家長不再視為被動者，他們可扮演更積極的角色。例如家長可參與做義工，布置校園、幫助學校招待交流生、協助學校舉辦課外活動等，在過程中更明白學校的運作。

3. 強化家庭關係

鼓勵家長多與子女溝通及一起參與活動，增強夫妻關係，以達家庭關係正面和諧的最終目標。

每一位家長的參與也是不可缺少的，父母教育孩子的過程，也是自身不斷感悟和學習的過程。就讓我們起步齊參與，一同攜手做個精明的A-Parent!



陳佩柔老師

家校事務主任

2019年9月

After completing the bachelor and master's degree programmes, I am convinced that I am a professional teacher. After I had participated in the parent education work of our school, I realized that I didn't know much about parent education. When I became a mother, I felt that family education is the "lifetime career" that every parent should commit oneself to. It is true that we should recognize the necessity and importance of parent education because our children have different needs at different stages. The aims of establishing our school's A-Parent Education Academy are as follows:

1. Strengthen parents' understanding of education

Help parents understand the education system and know about the physical and mental development of their children. If parents can learn more in these aspects, the more they know how to teach their children. On the one hand, parents will be able to better arrange appropriate education for their children. On the other hand, parents will master communication skills so as to get along with their children. As a result, educational effectiveness will be improved.

2. Encourage parents to actively participate in school work

The relationship between home and school is a bridge between family education and school education. Having mutual trust and raising our children together are the most meaningful. Parents are no longer regarded as passive, and they can play a more active role. For example, parents can participate in volunteer work, decorate the campus, help our school to host exchange students, and assist our school to organize extracurricular activities. In the process, they understand the operation of the school.

3. Strengthen family relationships

Parents are encouraged to communicate more with their children and participate in activities to enhance the relationship between husband and wife in order to achieve the ultimate goal of positive family harmony.

The participation of every parent is also indispensable. The process of parents educating their children is also the process of continuous understanding and learning. Let us start to participate and work together in order to be a smart A-Parent!

Chan Pui Yau

Head of Home-School Liaison

September 2019

2019-2020 A-Parent Education Academy

2019-2020 家長學堂

A. Aim of A-Parent Education Academy (PEA) 家長學堂目的

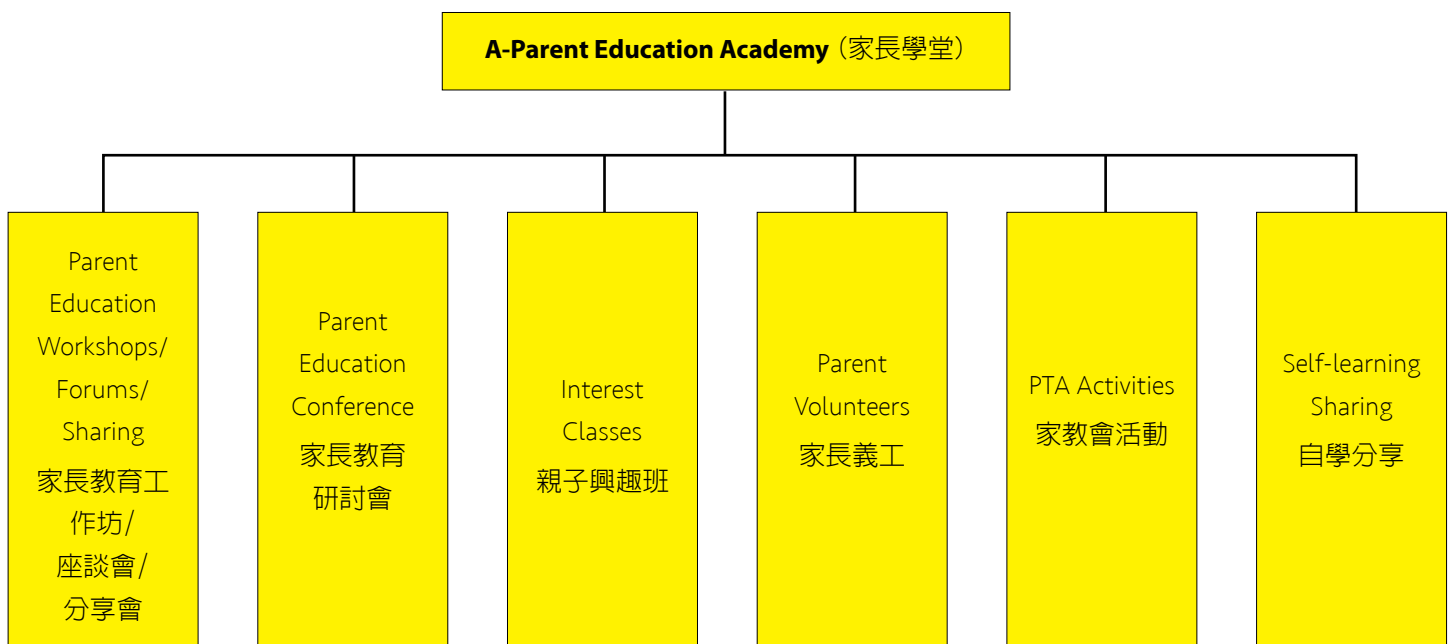
The aim of the establishment of A-Parent Education Academy (PEA) is to provide various learning opportunities for every A-School parent to equip themselves with some parenting techniques towards positive communication and to understand more about their children's emotions and stress, so as to build up a positive relationship with their child and among parents.

「家長學堂」設立的目的是提供學習機會予每一位A-School的家長，與子女一同學習、一同進步，透過不同類型的講座及工作坊，增強與子女溝通及管教子女的能力，了解子女情緒和壓力，從而促進親子關係和加強家長之間的聯繫。

B. Purpose of PEA 家長學堂目標

1. Learn how to build a positive parent-child relationship and enhance communication skills 學習如何建立良好的親子關係及增強溝通技巧
2. Learn how to develop children's good character and self-management skills 學習怎樣培養學生的良好品格及自我管理能力的
3. Understand more about school's curriculum and development 了解本校課程及發展

C. Curriculum Structure 課程架構



2018-2019 Parents' Reflection 家長回饋



A. Reflection of Parent Education Conference 家長教育研討會

3D 彭禧年家長

感謝學校安排不同的家長教育研討會，在子女成長的路上，有多了解、得著、學習、提醒和反思。而今次家庭關係對子女成長影響的研討會，提醒家長，每個小朋友的成長是有他/她的時間表，有個人的進度，萬物有時，給予小孩嘗試不同部份，給予他們空間發揮，慢慢摸索，不是要硬性什麼時候就要學到什麼做到什麼，不要作比較，也許你今天看到的結果不是你預期，也許在你眼中是失敗，但也不能斷定這就是他們的將來，我們給予的是鼓勵，常言道求學不是求名次，也不是求分數，在乎學習旅途上累積的知識和學習態度，講者恰好是一個好例子，在讀書時期音樂科從不達標，但想也想不到今天他是一位出色的音樂人。



10E 胡中元家長

很高興參與2018年家長教育研討會，今年請到張崇德博士跟家長分享家庭關係對子女成長的影響。當中他分享到怎樣跟小朋友相處影響家庭氣氛，比如考試漸近，家長沒有見到子女讀書，不等如子女沒有心機讀或不在乎，其實可能子女已經用不同方法，問老師或同學等，家長不應責備，反而應該關心幫助小朋友，這樣家庭氣氛自然融合，小朋友放鬆點，學術或其他方面也會有進步，這令我反思跟孩子的關係。

7C 郭忻澍 4C 郭丞川 1D 郭易為 家長

每年都喜歡參加PEC，因為有機會聽取專業人士或教育專家分享各項管教問題和技巧，身為三位小朋友的母親，要時刻自省有什麼做得好或做錯的地方。這次研討會集中討論家庭關係，席上家長亦分享了管教子女的苦與樂和遇過的問題，我們可以藉此互相分享各自的經驗，在家長的路上繼續學習，萬分感謝學校的安排！



B. Sunflower Parent Workshops 向日葵「攜」家長同行計劃

Topics 講題

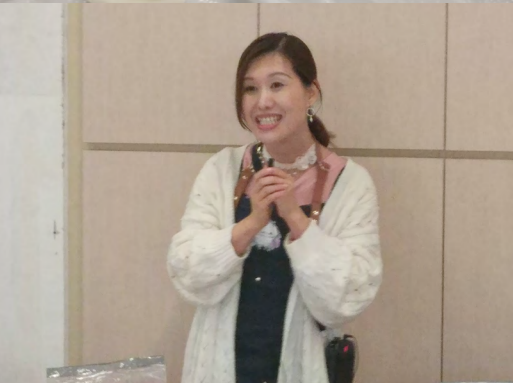
- 家長也升LV (1) (網絡潮流及健康使用守則)
- 家長也升LV (2) (網上交友)
- 那些年，我們一起擔心過的早戀
- AI 世代的生涯發展

Feedback from participating parents: 參與家長的回饋

- 很貼地很用心，很到位！
- 能幫助了解時下青少年的習慣，如何建立更好關係。
- 能道出父母的心態及錯誤觀點，使我們能了解多些，得以反思。
- 生動活潑。介紹時下初中生所好，讓家長更了解自己孩子。
- 講者很有經驗和風趣。
- 方法實用，很多例子，很多提醒。
- 不要抹殺青年人將來的可能性。
- 有遊戲小組討論，個案分享有用精簡。
- 是我聽過學校組織的最好講座！
- 能幫助我了解年青人潮語、了解他們面對的問題。
- Many real cases for sharing.

回饋正面，反應熱烈！期待您本年度的參與！

2018-2019 Parents' Reflection 家長回饋



C. Interest Class (DIY) 興趣小組(DIY)

2E 何守正家長

很高興能夠參與學校舉辦的「DIY全天然防蚊三寶親子工作坊」，透過這次活動，我們能學習如何用天然精油等材料，以簡易的方式製作防蚊用品。以前我都是在外面購買防蚊用品，從來沒有想過自己可以親手製作，現在可以回家輕易製作了。

工作坊的導師除了教授製作過程外，也講解天然材料的用途及防蚊小知識。導師還增加了互動的有獎問答環節，非常生動有趣，各家長及小朋友都非常積極參與問答。最後，大家還收到小禮物包，非常開心，希望下次可以再次參加其他親子DIY工作坊。



10C 劉咏恩家長

升上中學後，我甚少參與學校的親子活動。這次父親邀請我參加DIY親子工作坊，我二話不說便答應了。活動導師簡單地介紹了香氛的各種效用，我發現原來精油的調配亦是一種學問，導師深入淺出的講解令我獲益良多。製作防蚊用品的步驟簡單，也能夠令我再次體驗與家人同樂的喜悅，提醒我珍惜與他們一起的時光。

我希望學校能夠舉辦更多親子活動，邀請中學同學參加，讓我們可以放鬆心情，並增進與家人的關係。



3E 傅卓譽家長

自從數年前用了過量的化學清潔劑引起皮膚敏感後，我們一家已經開始使用自製的天然植物油護膚乳液、潤唇膏和手工皂等。當知道學校舉辦DIY防蚊用品工作坊後，經常被蚊叮的兒子和喜愛自製護膚品的我，便報名參加。課堂上有不少家長和小朋友都是對自製防蚊用品、精油等都有些認識的。對小孩子來說，能自己動手調配蚊膏和蚊磚、看著它們凝固成形並且能使用，是十分有趣的事！總括來說，本工作坊十分實用。然而，如果導師能讓參加者自己量份量和加熱的話，將會令小朋友對製作防蚊用品方面有更深刻的體會呢！



D. PS Parent Forums 小學家長座談會

The most valuable part learnt from the forum 座談會中最值得學習之處：

- “Understand how to communicate with kids”
- “家長身教，學習感恩，學習選擇後帶來的後果”
- “控制自己的情緒，多正能量釋放，減低對小孩子無型的壓力，令他活得更有意義！”
- “要學習控制家長情緒，並面對孩子時要謙虛。”
- “Stay positive when raising my child and the potential challenges in future”
- “To appreciate and praise our child SMARTLY”
- “Manage your emotions first before any criticism”
- “Skill to handle difficult situations”
- “Refresh the feeling of love to our child”
- “用正向的情感與子女溝通”
- “與孩子良好溝通互動方法”
- “How to give constructive criticism and show appreciation to our children”

General feedback from parents 家長回饋

- “感謝老師早上不但要教育孩子，晚上又要教育家長！辛苦你們了！”
- “Thanks for all speakers. This is very amazing workshop which let me rethink how to control my anger on my child.”
- “Thank you A School for arranging so, we have great appreciation in all these extra work”
- “謝謝老師對子女的關心”
- “內容可以結合學生在校內情況，十分實用”
- “Thanks for preparing the materials and open the conversation. It's great to have such great team at A-School”
- “感恩這個滿載愛，歡樂和知識的晚上。感恩老師們的付出！”
- “感謝每位在場的老師，不辭勞苦地為我們準備這場講座，分享他們的經驗，以及盡心盡力地教導孩子。謝謝你們。”



2018-2019 Parents' Reflection 家長回饋



E. Parent Volunteers 家長義工分享

時間過得很快，三弟在暑假過後便升上四年級；回想起11年前的大姐及7年前的二哥剛剛走進A-School，大家庭恍如昨日的事... A-School校園的生活，使他們得到身心全面的成長，無論在課本上的知識及待人處事。



我慶幸我參加了A-School家長義工團隊，同時亦感謝廖爸爸多年來一直支持。能看到學校校長及老師很耐心地教導、愛護、協助他們成長。不論在圖書館、佈置小組及近年的單車慈善賽的家長義工團隊；我也認識一班無私奉獻的義工家長，共同努力家校合作，讓孩子們健康快樂的成長。

Rebecca



F. Self-learning Sharing 自學分享

Sharing of books 書籍分享

1B 黃若安家長

《再痛，媽媽也捱得過》 作者：李灝麟

此書瓦解顛覆了社會普遍輿論對窮困，沒有生產能力的單親媽媽的負面印象，重塑了基層的單親媽媽的形象，並視之為社會的深厚資本，愛潤的泉流。她們對孩子這份專注和堅持足以贏得社會上的尊重和掌聲。

《兒子教曉我的事》 作者：陳錦鴻

作為一名母親，對於主人翁的遭遇感同身受，在教育培養孩子的過程中，對於家長而言，也是一個不斷學習增值的過程。教兒曉智，曉啓自己。對待孩子要用愛和耐性去陪伴成長。孩子是家長的一面鏡子，怎樣的家長就會培育出怎樣的孩子。面對逆境必須接受承認，並且堅強地去克服跨越每一個難關，種子終將開花結果。



1C 張芷澄家長

電影欣賞——《非同凡響》

此電影以平實的手法刻劃特殊學校學生籌備音樂劇演出，帶出特殊學校學生、他們的家長、老師，以至和同學們一起參與排練及演出的經過，讓我們反思其實現時社會上教育方面的情况。片中谷祖琳飾演在特殊學校任教多年的音樂老師，工作的熱誠早已磨蝕；band 1 名校女生參加活動背後的功利，以至余香凝飾演的名校生，以外公為題材創作畫作，卻被老師認為太個人，欠缺視野。上述種種現時香港社會的教育情况都值得我們反思。



1D 吳柏忻家長

電影欣賞——《非同凡響》

謝謝PTA 的安排可與小朋友一起欣賞有意義的電影，故事發人深省，明白小朋友是獨特，各人各有所長，讓小朋友見識特殊小朋友是怎樣。演員謝票令小朋友興奮，相信令她更印象深刻，演員指出導演的留白，明白家長要行動如何讓小朋友fly high。由入讀A-School 以來，日益覺得學校的品德教育出眾，也配合我跟丈夫的想法，有信心共同培育小女十二年。Let her fly high~

1B 馬子信家長

此戲很有意義，道出現今教育制度只著重分數的錯誤觀念，忽略學生的道德及價值觀的重要性，亦扼殺了很多在不同範疇上有天分的小朋友。而此戲更重要帶出特殊小朋友的家庭所承受的壓力，比起照顧他們更為辛酸。雖然我的小朋友只是一年級生，我亦相信他未能明白此戲的意思，但相信電影對他或多或少都會有正面的影響。感謝家教會及學校的安排。



2018-2019 A-Star Parent Certificate Winners

2018-2019 星級家長證書得主

G1	CHEUNG Yu Lun Markus	張瑜麟
G1	KWONG Chung Chi Michelle	鄺頌芝
G1	LAM Tsz Ching	林紫晴
G1	LO Yan Hay	盧欣浹
G1	TING Oi Wing	丁藹穎
G1	CHAN Long Kiu	陳朗嶠
G1	FONG Chi Yau	方梓柔
G1	LAU Chin Yui	劉展睿
G1	LI Chi Ting	李熾亭
G1	HUANG Shanming Coral	黃珊銘
G1	NG Park Yan	吳栢妍
G1	LAM Ka Nam	林珈嵐
G1	LUI Tsz Ching	呂梓晴
G2	LOO Tin Lam Aidan	盧天藍
G2	TSOI Tsz Hei	蔡子熙
G2	WONG Ying Ching Hanna	黃映晴
G2	SIU Tsun Hang Adrian	蕭峻行
G2	CHEUNG Long Kiu	張朗喬
G2	FONG Pak Chun	方柏竣
G2	TANG Sophia	鄧卓奇
G3	LAU Charmaine Yee Ching	劉懿晴
G3	TAM Nga Man Jessie	譚雅文
G3	CHAN Ho Him	陳浩謙
G3	LIU Sung Tin	廖崇天
G3	PANG Hei Nin	彭禧年
G7	LI Ka Hing Hilmen	李嘉興
G7	LO Yuet Yi Sophie	羅悅意
G7	CHU Ming Him Himsley	褚銘謙
G7	FUNG Wai Ho	馮煒皓
G7	CHEUNG Yan Ting	張愷婷
G8	YUE Tsun Ho Cyrus	余浚灝
G11	TSOI Kwai Chun	蔡桂俊

2019-2020 A-Parent Education Programs

2019-2020 家長學堂活動總覽

Parent Education Workshops / Forums 家長教育工作坊/座談會

Facilitate the learning of comprehensive and rich parent education information through different parent education workshops or forums.

Workshop/Seminar	Time
SS Sunflower Parent Workshops 中學向日葵「攜」家長同行計劃	Oct 2019 – Dec 2019 (4 times)
PS Parent Forums 小學家長座談會	Whole year (6 times)

Secondary Division 中學部

Sunflower Parent Workshops 向日葵「攜」家長同行計劃

In order to build up positive home-school relationship, "Sunflower Parent Workshops" will be held to support parents in reviewing and consolidating their experiences about parenting. The secondary school stage is a milestone in the growth of independence of youth. Students are facing many problems with personal growth, such as friendship and parent-child communication in the junior secondary stage, dating issues, doubts about selecting subjects of senior curriculum, etc. Parents may learn effective parenting skills, how to foster positive family relationships, as well as how to facilitate communication between the two generations through attending the workshops and participating in the sharing and discussion sessions. This series of workshops are one of the significant programs of A-Parent Education Academy which will be launched in Term 1. You are now sincerely invited to take part in the workshops.

為建立正面積極的家校關係，學校特於本學期設立向日葵「攜」家長同行計劃，以支援家長回顧及整理管教經驗。中學階段是成長獨立的里程碑，當中面對不少成長上的問題，如初中階段的交友與親子溝通問題、戀愛問題、升學選科的疑慮等等，本同行計劃透過工作坊、輔導及會談，讓家長了解為人父母的心路歷程，並掌握有效的養育方式，鞏固家庭關係並促進兩代溝通。

Dates 日期	18/10/2019(Fri), 1/11/2019(Fri), 15/11/2019(Fri), 13/12/2019(Fri) (4 sessions in total) 18/10/2019(星期五), 1/11/2019(星期五), 15/11/2019(星期五), 13/12/2019(星期五) (共四節)
Time 時間	7:00 p.m. - 8:30 p.m. 晚上七時至八時三十分
Venue 地點	SS G/F Dance Room 中學部舞蹈室
Target 對象	Parents of secondary school students 中學生家長
Quota 名額	50
Language 語言	Cantonese 廣東話



Details of the workshops 工作坊詳情：

Time 時間 7:00 p.m. - 8:30 p.m. 晚上七時至八時三十分				
Date 日期	Topics 講題	Content 內容	Speaker 講者	Target 對象
18/10/2019(Fri)	Know about the emotion and pressure of my child 認識和處理子女的情緒和壓力	<ol style="list-style-type: none"> 1. Identify children's emotional needs 家長識別子女情緒警號 2. Tips for facing children's emotional problems 面對子女情緒問題，家長錦囊 	Director of Sunflower Counselling Center 向日葵輔導中心總監 Ms Laura Lam 林志霞姑娘	Junior and senior grades parents 初中及高中家長
1/11/2019(Fri)	How to enhance my EQ as a parent? 家長如何控制自己的情緒	<ol style="list-style-type: none"> 1. Identify my or my spouse's emotional needs 家長識別自己或伴侶情緒警號 2. How to use different approaches in working with emotions 如何及時疏導情緒 	Director of Sunflower Counselling Center 向日葵輔導中心總監 Ms Laura Lam 林志霞姑娘	Junior and senior grades parents 初中及高中家長
15/11/2019(Fri)	Positive relationship of couple 兩性相處的智慧及對孩子的影響	<ol style="list-style-type: none"> 1. The difference between men and women in thinking and psychological needs 男與女於思維及心理需要上的根本性分別 2. The impact of the original family on the establishment of the couple relationship 原生家庭對夫妻關係建立的影響 3. The golden rule of establishing a good couple and family relationships 建立良好夫妻及家庭關係的正向黃金法則 	Founder and Principal of HealthyMind Parents Academy 正向家長學院院長 Mr. Rex Wu 胡君孟先生	Junior and senior grades parents 初中及高中家長
13/12/2019(Fri)	How to communicate with youth about the use of electronic devices 當子女說你很煩系列—機不離手篇	<ol style="list-style-type: none"> 1. Understand the youth online behavior 了解現今青少年網絡行為模式 2. How to deal with children's online behavior and parent-child conflict 如何處理子女上網行為和親子衝突 	Psychological Counselor of Breakthrough Counselling Center 突破輔導中心心理輔導員 Mr Chan Man Biu 陳文鏢先生	Junior grades parents 初中家長

Parent Forum Series 家長座談會系列

To establish a platform of parent education in order to facilitate a direct dialogue with parents on important school issues, aiming at sharing positive education (PERMA) with parents for home-school collaboration, explaining the school vision and practices, interacting with parents, in order to nurture a positive parent-child relationship and enhance communication skills.

小學部家長座談會系列期望建立家長教育平台，以促進與家長溝通，藉此分享正向教育(PERMA)與父母一起同行，家校合作；解說學校發展願景和實踐，與家長互動；以及學習如何建立正向的親子關係，提高親子的溝通技巧。

Name of the activity 活動名稱	PS-Parent Forum Series 2019-2020 小學部家長座談會系列2019-2020
Dates 日期	1/11, 29/11/2019; 27/3, 3/4, 8/5/2020 (Fridays) 12/1/2020 (Sunday) (6 sessions in total) 1/11, 29/11/2019; 27/3, 3/4, 8/5/2020 (星期五) 12/1/2020 (星期日) (共六節)
Time 時間	6:30 p.m. - 8:30p.m. 晚上六時半至八時半 (星期五) 9:00 a.m. - 5:00 p.m. 早上九時至下午五時 (星期日)
Venue 地點	Lecture Theatre 演講廳 / Hall 禮堂
Target 對象	Parents of particular grades 指定年級的家長
Quota 名額	200 (except for the parent-child workshop) (親子工作坊除外)
Language 語言	Cantonese 廣東話
Fee 費用	Free 免費
Certificates of Attendance 出席證書	A "Certificate of Attendance" will be issued to parents who have attended 2 forums 出席2個座談會之家長將獲頒發「出席證書」

Details of the Parent Forums 家長座談會詳情:

Dates 日期	Topic 題目	Content 內容	Format 形式	Parents of the Grades 各級家長	Speaker 講者
1/11/2019 Friday 星期五	Positive interpersonal relationship 正向人際關係 工作坊	<ul style="list-style-type: none"> How to handle child emotions 如何處理孩子情緒 How to teach your child to interact with peers 如何教導孩子與別人相處 	Case study, videos, & discussion 個案分享、影片播放及小組討論	G1-4 一至四年級	Social workers from the Boys' and Girls' Clubs Association of Hong Kong 香港小童群益會註冊社工



29/11/2019 Friday 星期五	How to develop a positive relationship with your “Teen”? 如何與青少年建立正向的關係？	<ul style="list-style-type: none"> To know how to interact with your teenager 學習與青少年相處 Group discussion and workshop with G5-6 Class Teachers 與G5-6 班主任進行小組討論和工作坊 	Case study, videos, & discussion 個案分享、影片播放及小組討論	G5-6 五至六年級	SD teachers, G5-6 Class Teachers SD老師，G5-6 班主任
12/1/2020 Sunday 星期日	Positive relationship building workshop 建立正向關係工作坊	<ul style="list-style-type: none"> Parent-Child Workshop 親子工作坊 	Games and parent-child interaction 遊戲形式親子互動	G1 一年級 50 persons/人	Social workers from the Boys' and Girls' Clubs Association of Hong Kong 香港小童群益會 註冊社工
27/3/2020 Friday 星期五	How to raise a positive child? 如何培養正向孩子？	<ul style="list-style-type: none"> To understand the needs and develop their positive attitude towards learning and daily life 學習了解孩子的需要及協助孩子在學習與日常生活中建立正向態度 Group discussion and workshop with G1-2 Class Teachers 與G1-2 班主任進行小組討論和工作坊 	Case study, videos, & discussion 個案分享、影片播放及小組討論	G1-2 一至二年級	SD teachers, G1-2 Class Teachers SD老師，G1-2 班主任
3/4/2020 Friday 星期五	How to enhance parents' EQ? 如何提升父母的EQ？	<ul style="list-style-type: none"> How to control parents' emotions and its importance 了解如何控制父母情緒和其重要性 	Case study, videos, & discussion 個案分享、影片播放及小組討論	G5-6 五至六年級	Social workers from the Boys' and Girls' Clubs Association of Hong Kong 香港小童群益會 註冊社工
8/5/2020 Friday 星期五	How to use positive psychology to motivate your child? 如何使用正向心理學激勵孩子？	<ul style="list-style-type: none"> To understand how positive emotions shape a child's character 了解正向情緒與建立孩子性格的關係 How to motivate your child to have better self-discipline 如何令孩子更自律 	Group discussion and workshop with G3-4 Class Teachers 與G3-4班主任進行小組討論和工作坊	G3-4 三至四年級	SD teachers, G3-4 Class Teachers SD老師，G3-4 班主任

2019-2020 Parent Education Conference

2019-2020 家長教育研討會

Theme: "Walking Together on the Path of Growth"
主題: 風雨同行成長路

Date: 23rd November 2019 (Saturday) 2019年11月23日(星期六)

Co-organised with PTA 家長教師會合辦

Thematic parent education conference will let parents explore more deeply the family education issues in society.
主題式家長教育研討會能加深家長對社會上的家庭教育議題的認識。

(All parents are welcome 歡迎各級家長參與)

Time 時間

Content 內容

12:00-12:15

Registration 登記及報到

12:15-13:45

Topic (1)

Flourish with love and tears

- Positive communication with my child

主題講座(1)

在愛與淚中同行---正向親子溝通



Speaker: Ms. Tang Oi Lam

講者: 鄧藹霖女士

Experienced DJ of RTHK
香港電台資深節目主持

13:45-14:05

Presentation of souvenirs 頒贈紀念品

Recess and refreshment 小休及茶點

14:05-15:30

Topic (2)

How to improve children's motivation and ability to face challenges

主題講座(2)

如何提升子女的上進心及面對逆境的能力



Speaker: Ms. Silvia Mak Ho Siu-kuen

講者: 麥何小娟女士

Occupational Therapist Registration in USA (Paediatrics)
美國註冊職業治療師(兒科)

Master of Education, the University of Melbourne
澳洲墨爾本大學教育碩士



Interest Class 親子興趣班

Relaxing and fun interest classes can strengthen family relationships, help relieve stress, and promote physical and mental health.

輕鬆有趣的興趣班能鞏固家庭關係，亦有助減壓，促進身心健康。

(All parents are welcome 歡迎各級家長參與)

Interest Class 親子興趣班	Time 時間
DIY natural mosquito balm/ cooking class / handcraft class / pottery making class DIY天然防蚊用品班/西式烹飪班/手工藝班/陶藝班等	May 2020

Parent Volunteers (Whole year) 家長義工(全年)

Through active participation in parent volunteer services, communication between parents and school can be strengthened thus fostering a positive school environment. 透過積極參與家長義工服務，強化家校溝通，共建理想校園。

(All parents are welcome 歡迎各級家長參與)

- Campus Decoration 校園布置服務
- Library Service 圖書館服務
- Lunch Service 午膳服務
- Activity Helper 活動義工
- Host Family 接待家庭
- PTA Volunteers 家教會義工

Parent Sharing Session 家長分享會

Through professional sharing among parents, parents can enhance professional knowledge in different fields. 透過家長間的專業交流與分享，增進不同範疇的專業知識，一起成長學習。

(All parents are welcome 歡迎各級家長參與)

Parent Sharing Session 家長分享會	Time 時間
All about medicine 醫學百科	Feb 2020
Financial management and investment 理財與投資	Feb 2020

Self-learning 自學分享

In order to encourage parents to acquire parenting skills through reading and watching films, there is a section for self-learning. Parents can choose books or films recommended by the school, then write a reflection and upload it to the PEA website. Parents can earn credits through submitting the reflections, while the reflections may be posted on our school's website, Facebook and newsletters so as to encourage and inspire each other.

為鼓勵家長透過閱讀及電影觀賞學習管教技巧，家長學堂網頁特設自學部分，家長可選着校方推薦的書籍或電影，撰寫及上載心得，以獲取學分。我們也會透過學校網頁、校訊、學校面書等不同渠道分享家長們的自學心得，促進彼此分享、互勉。

(All parents are welcome 歡迎各級家長參與)

To facilitate the development of A-Parent Education Academy, a website is now officially launched. Parents are encouraged to visit it in order to get the latest parent education information such as the scope of curriculum, a calendar showing various activities, parent-child information and self-learning resources.

為配合家長學堂的推展，學堂之網頁現已正式啓用。家長請瀏覽以下網址，以獲取最新的家長教育資訊如課程大綱、各類活動日程表、親子資訊、自學資源等等。



Website 網址: <https://sites.google.com/elearn.hkbuas.edu.hk/hkbuas-pea/home>



PEA Website is fruitful with: 家長學堂網頁內容豐富：

- 最新家長教育活動資訊 Updates of PEA activities
- 行事曆 PEA calendar
- 育兒短片及網上資源 Online videos and resources
- 自學分享上載及交流 Self-learning reflection
- 家長教育活動剪影 Snapshots of PEA activities



PEA self-learning library booklist

家長學堂 – 圖書館自學書目 2019-20 (由 PTA 捐贈)

barcode 複本條碼	title 書名	author 作者	classification 分類編號	publisher 出版社
C33214	奇蹟男孩【電影書衣版】Wonder	R. J. 帕拉秋	889 7526	親子天下
C33215	小孩不壞－解析從頑皮到違規的原因	鄧皓明	528.2 1736	世界
C33216	當男孩長成少男	林沙	528.2 4439	突破
C33217	動出資優兒-利用運動為智能增值	鄧皓明; 雷雄德	529.6 7488	世界
C33218	再痛，媽媽也捱得過	李灝麟	544.5 4030	突破
C33219	兒子教曉我的事	陳錦鴻	528.2 7583	世界
C33220	當子女說你好煩	伍詠光; 葉玉珮	528.2 2109	突破
C33221	孩子一定要放養	李純恩	528.2 4026	青森文化
C33222	成長，帶這封信	黃曉紅	528.2 5744	皇冠
C33223	少兒財商教育-為甚麼他們那麼富有	王靜	560.7 1052	世界
C33224	父母一句話，啟動孩子解難力	葉偉麟; 梁婉珊	528.2 4420	天窗
C33225	陪孩子看新聞	李臻	528.2 4015	世界
C33226	玩出親子情	蔡惠雲	528.2 4451	新雅文化
C33227	家長不要做的35件事	陳美齡; 金子和平	528.2 7582	三聯
C33228	親愛的安德烈 (平裝)	龍應台; 安德烈	856.1 0102	天地圖書
C33229	讓孩子學會輸得起	張崇德; 劉美娟	528.2 1122	爸媽學堂
C33230	父母心的轉化 — 30篇內在成長的反思	陳志耀	528.2 7549	EDIT Workshop Publishing Group Limited
C33231	贏輸不在起跑線	李臻	782 4015	青源文化
C33232	你永遠是我的寶貝	宮西達也	889 3134	小魯文化
C33233	不打不罵教出好孩子	何基佑	528.2 4284	社會人文
C33234	你不知道的教育	朱子穎	520.2 2512	爸媽學堂
C33235	另類教養手記	陳忻	528.2 7592	陽光
C33236	因為愛	大泥	851 7593	三聯
C33237	解憂雜貨店【暢銷35萬冊暖心紀念版】 ナミヤ雜貨店の奇蹟	東野圭吾	889 5641	皇冠
C33238	一袋彈珠 (電影書衣典藏版) Un sac de billes	喬瑟夫·喬佛	889 4055	木馬文化
C33239	吹夢巨人 (羅德達爾百年誕辰紀念版) The BFG	Roald Dahl	889 3007	小天下
C33240	未來的未來 未来のミライ	細田守	861 2663	台灣角川
C33241	點五步	陳志發	857 7541	點子
C33242	逆流大叔——熱血背後！ 電影創作・美術・演員・劇本全記錄	陳詠榮	992 3343	亮光文化
C33243	劍河長橋－留學札記	Alan Chan	9789881438812	青森文化
E33046	Here We Are : Notes for Living on Planet Earth	Oliver Jeffers	F JEF	Philomel Books

家長學堂圖書館書目將定期更新，歡迎家長借閱，詳情請留意PEA 網頁。

Books of PEA library will be updated regularly. Parents are welcome to borrow. Please pay attention to the PEA website for details.
歡迎家長讓子女代借圖書。

Parents can let their children borrow books from library

"A-Parent Education Academy" - Requirement and Credit Scheme

「家長學堂」課程要求及學分計算方法

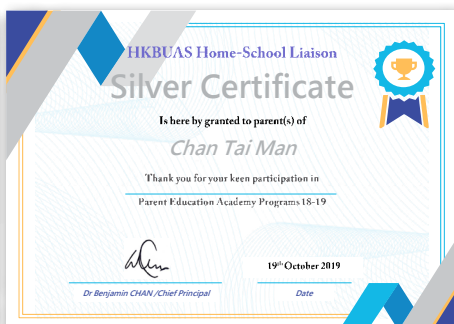
In order to encourage parents to actively participate in the "A-Parent Education Academy" activities, a credit scheme will be established as follows,

為鼓勵家長積極參與「家長學堂」活動，本校推出「家長學堂」學分獎勵計劃，詳情如下：

1. Parents may choose any kinds of parent workshops or forums according to their needs and interests. The credits will be valid for the whole academic year. 家長可按自己需要及興趣，參加不同類型的課程，學分有效期為一年。
2. The credits will be accumulated until August every year. Certificates of appreciation will be presented in the PTA AGM in coming October. 學分可累積至每年8月。證書將於10月家長教師會年度會員大會中頒發。
3. We expect each A-school family can be awarded a BRONZE certificate when their children are in primary school and secondary school respectively. 我們期望每一家庭於小學及中學階段，各以修畢一張「銅證書」為基本要求。
4. A PEA Newsletter will be published at the end of the school year to share the Learning experiences and outcomes of parents. 家長學堂簡訊結集了家長的學習經驗及心得，將於每年學期末印製及派發。
5. A Commendation Ceremony will be held in June every year to appreciate the contributions of our outstanding parent volunteers. 每年6月將舉行家長義工嘉許禮以表揚傑出家長義工。
6. PTA Annual General Meeting (AGM) will be held on 19th October 2019. Qualified PEA parents will receive certificates presented by the school. 本年度家長教師會周年會員大會，日期定為2019年10月19日，合資格家長學堂成員將獲校方頒發家長學堂證書。

PEA items 家長教育項目	Credits 計算學分
Parent Education Workshop / Forum 家長教育工作坊/座談會 (per lesson每堂)	5
Parent Education Conference 家長教育研討會	8
PTA Activity, Interest Class and Parent Sharing Session 家教會活動，親子興趣班和家長分享會	5
Parent Volunteer Service 家長義工服務 (per item每項)	5
Self-learning Sharing (E.g. Book Sharing and Film Sharing) 網上自學分享 (如閱讀心得和電影分享)	3

Total credits of year 全年學分總計	Certificate 獲頒證書
Above 30 credits 30分以上	A-STAR Certificate, book / gift voucher 星級證書及書券/禮券
21-30 credits 21-30分	SILVER Certificate, book / gift voucher 銀證書及書券/禮券
10-20 credits 10-20分	BRONZE Certificate, book / gift voucher 銅證書及書券/禮券



Application Form 報名表格

I noted the information and arrangements for the A-Parent Education Academy.

本人已知悉「家長學堂」的課程內容及各項安排。

I am interested in joining the following PEA item(s): Please select the item(s) by putting in a tick "✓"

本人有興趣參加以下家長學堂活動：（請以“✓”填選選項）

☐ **SS Sunflower Parent Workshops 中學 向日葵「攜」家長同行計畫**

☐ **PS Parent Forum: 小學家長座談會**

☐ A. Positive interpersonal relationship 正向人際關係工作坊(G1-4)

☐ B. How to develop a positive relationship with your "Teen"? 如何與青少年建立正向的關係? (G5-6)

☐ C. Positive relationship building workshop 建立正向關係工作坊(G1)

☐ D. How to raise a positive child? 如何培養正向孩子(G1-2)

☐ E. How to enhance parents' EQ? 如何提升父母的EQ? (G5-6)

☐ F. How to use positive psychology to motivate your child? 如何使用正向心理學激勵孩子? (G3-4)

☐ **Parent Education Conference (PEC) 家長教育研討會**

☐ **Parent-child Workshop Day 親子工作坊日**

☐ **Parent Sharing 家長分享**

☐ All about medicine 醫學百科

☐ Financial management and investment 理財與投資

Student Name 學生姓名： _____ Parent's Name 家長姓名： _____

Class 學生班別： _____ Parent's Signature 家長簽署： _____

Class No.班號： _____ Date 日期： _____

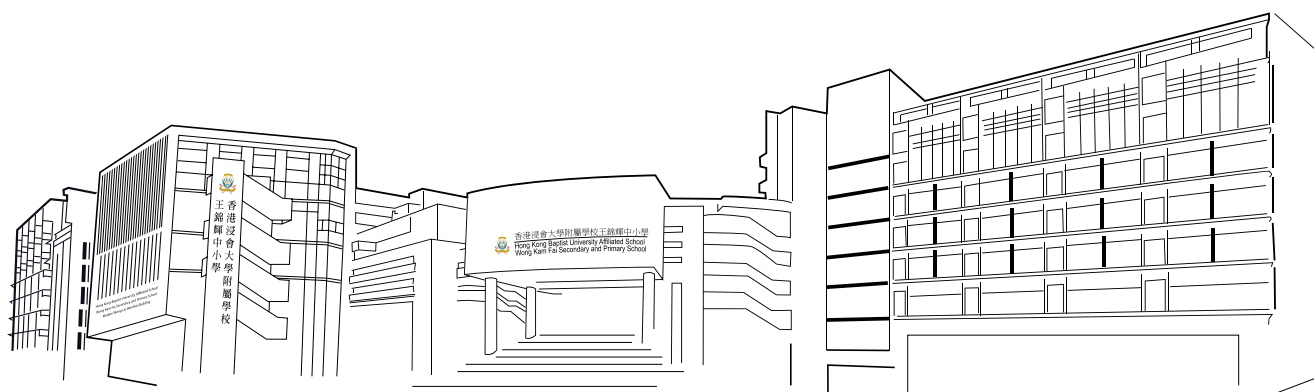
Parent's Contact No.家長聯絡電話： _____

* 如欲報名請透過E-CLASS 簽署回條，或請將此報名表格交回中學部／小學部學生發展中心收 *

Please sign the reply slip on E-CLASS for registration. Or you can hand in this registration form to the Secondary School/Primary School Student Development Centre.

敏求篤信 明辨力行

*Passionate to Learn,
with Confidence
Determined to Succeed,
with Vision*



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