



A-Parent Education Academy Handbook

家長學堂手冊


2020-2021

We learn and then we understand the inadequacy.
We teach and then we understand the difficulties.
Knowing the inadequacy, so that we strive for excellence;
knowing the difficulties, so that we are able to strengthen ourselves.

As the saying goes: to teach is to learn. (Liji, Xueji)

學然後知不足，教然後知困。知不足，然後能自反也；
知困，然後能自強也。故曰：教學相長也。《禮記·學記》





Welcome to the A-Parent Education Academy 家長學堂歡迎你



Dear Parents,

Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School is committed to developing multiple intelligences and character building of the students. Through quality whole-person education, we aim at nurturing and empowering our students to be intelligent, well-informed, artistic, creative, civic-minded, spiritually mature, and physically strong. I strongly believe that school environment and family support play essential roles in fostering student growth and success. I value the importance of home-school partnership in "training up a child in the way he should do when he is old, he will not depart from it" (Proverbs 22:6).

The A-Parent Education Academy (PEA) was established in the year 2018-2019. In alignment with Martin Seligman's theory of positive psychology, the Academy develops its "PARENT" framework to promote home-school collaboration and parent education. The framework includes the six core elements of developing character strengths and flourishing well-being of our students. They are Positive Emotion (P), Achievement (A), Relationship (R), Engagement (E), Nurture (N), as well as Teamwork (T). These are character qualities for one's achievement and positive well-being.

This year, the PEA will continue to work hand in hand with the School to arrange a great variety of parent programmes --Annual Parent Education Conference, parent education workshops/seminars, parent sharing, parent-child interest classes, self-learning programmes, and PTA activities. I earnestly hope that our parents will work closely with the school and show enthusiastic support to make A-School a better place for student learning and character building.

I look forward to seeing you all in the coming future!

Dr. Ruby Cheung

Assistant Principal (Student Development, Secondary Division)

親愛的家長：

香港浸會大學附屬學校王錦輝中小學致力發展學生的多元智能及良好品格。透過全人教育，我們期望培育學生成為聰穎、見多識廣、具藝術感、有創意、具公民意識、思想成熟及體魄強健的人。我深信校園氛圍和家庭支援在學生的成長上扮演重要角色。良好的家校合作能「教養孩童、使他走當行的道、就是到老他也不偏離。」(箴言22章6節)

家長學堂於2018-2019年成立。學堂以「PARENT」的架構來推廣家校合作和家長教育，這與馬丁·沙利文博士的正向心理學吻合。框架包括六個培育學生性格強項和幸福感的核心元素，這些元素包括正向情緒(Positive Emotion)、成就感(Achievement)、人際關係(Relationship)、投入(Engagement)、教養(Nurture)和協作(Teamwork)。這些都是達至成功和感到幸福的性格特質。

今年家長學堂與學校繼續攜手舉辦多元化的活動—家長教育研討會、家長教育工作坊/專題研討、家長分享、親子興趣班、自學課程和家長教師會活動。我衷心期盼家長與學校緊密合作，鼎力支持學校，讓A-School成為培育學生茁壯成長的搖籃。

盼望將來與大家見面！

張瑞霞博士

助理校長(中學部學生發展)





Happiness is not purely just a sense of pleasure, it is also an important element in a child's growth. Thus, parents and teachers should work hand in hand to cultivate a protective, caring and encouraging environment for our children to flourish. In such a nurturing family, we learn to appreciate with our eyes; express words of kindness with our lips; listen patiently to the needs of others with our ears; assist others with our hands; distinguish right from wrong with our minds and express gratitude with our hearts. Here at A-School, positive psychology, a concept advocated by a famous psychologist, Martin Seligman, will be our foundation. We strive to extend our support to our parents through a series of tailor-made activities, forums and seminars, all in hopes of guiding our children through life's hurdles and challenges.

Let us work together towards a common goal in which there is mutual trust between parents and the school and where teachers can bring students to greater heights through their passionate teaching. It is only a matter of time before our students start to feel loved, respected, recognised, accepted and forgiven. They will develop empathy and thus embark on a journey of lifelong fulfillment.

Dr. Ruby Tai

Assistant Principal (Student Development, Primary Division)

喜悅不單是一種愉快的感受，它更是讓孩子們成長的重要元素。因此，學校要與家長連成一線，給予孩子們愛護、關懷、鼓勵，為孩子們共同建立愉快的成長環境。在這個友愛的家庭裡，我們一起學習用眼睛欣賞，用小嘴巴表達善意之聲，用耳朵耐心聆聽他人的需要，用雙手幫助他人，用腦袋明辨是非，用感恩的心答謝他人。同時，我們以著名心理學家馬丁·沙利文博士倡導的正向心理學為基礎，為家長們度身訂造不同的工作坊、座談會及研討會等，希望給予大家支援與鼓勵，協助孩子們面對成長的種種困難。

讓我們攜手合作做到家校一心，家長信任學校，老師熱心教學，達到處處為孩子着想這個雙贏局面，讓孩子能被愛、被尊重、被認同、被接納、被諒解，同時學習成為一個富同情心的人，享受健康快樂的人生。

戴詠賢博士

助理校長(小學部學生發展)





Parents are 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.

A-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 behavioural characteristics, the social development, the challenges they are facing and their specific needs at their age. When we understand them wholeheartedly, we can touch their hearts, we can become the best companion for our children and guide 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 Support (Primary Division)

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不容易，但無私的愛往往是推動我們學習如何去陪伴子女成長。

什麼才是對孩子最好的伙伴？什麼才是孩子最好的教育？

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。當他們在家庭與學校所學的內容能一致地灌輸的時候，他們就能學得最好。

「家長學堂」是一個由A-School設立的平台，支援家長。讓我們一起學習明白孩子成長的挑戰，了解他們在這些年紀時的需要、行為的特性與及他們社交的發展，從而體會他們的心，成為孩子最好的伙伴，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。來讓我們一起謙虛地學習，讀懂孩子的心。

曹小怡老師

學生支援主任 (小學部)



After completing the bachelor and master's degree programmes, I am convinced that I am a professional teacher. After I have participated in the parent education work of our school, I realized that I didn't know much about parent education. Being a mother, I feel that family education is a "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. In view of this, the establishment of the A-Parent Education Academy (PEA) is in line with the growth and development needs of our parents.

The PEA was established two years ago to provide A-School families with diversified parenting courses and deepen their understanding of the school through various activities. This year, the PEA launches a middle school curriculum for parents, which highlights the characteristics of a through-train school. We encourage parents to actively participate in school work and to build our campus together. Parents can play a more active role. For example, parents can participate in volunteer work and decoration of the campus. They can also help host our exchange students and assist the school in organising extracurricular activities. In the process, they understand the operation of the school and we can build our school together.

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

Ms. Chan Pui Yau

Head of Home-School Liaison

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，有見及此，家長學堂的成立正正貼合我家長的成長及發展需要。

家長學堂成立兩年，為A-School家庭提供多元化的育兒課程，透過不同形式的活動加深對學校的了解。家長學堂本年度特設 MIDDLE SCHOOL 家長課程，突顯我校一條龍的辦學特色。我們鼓勵家長積極參與、共同建設校園，家長可扮演更積極的角色，例如參與義工服務－布置校園、招待交流生、協助學校舉辦課外活動等，過程中更能明白學校的運作，一起共建美好的校園。

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



A-Parent Education Academy 2020-2021

家長學堂 2020-2021

A. Aim of A-Parent Education Academy (PEA) 家長學堂宗旨

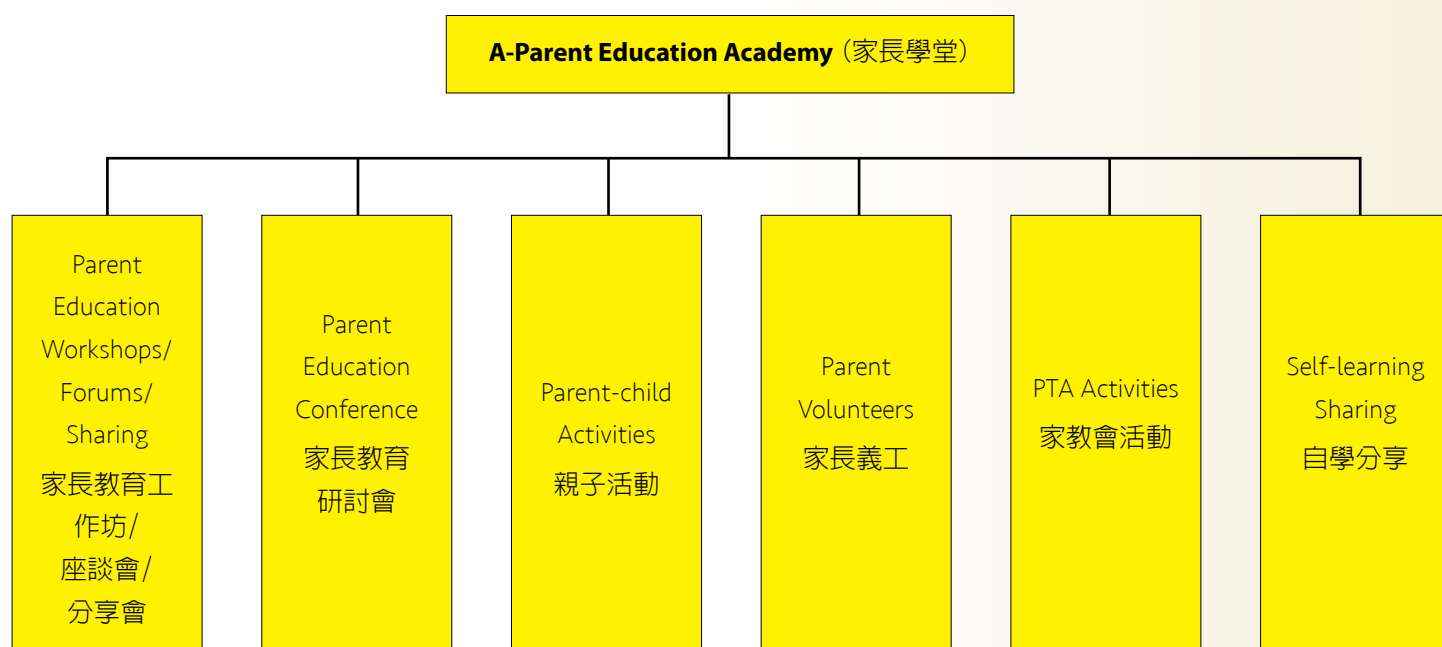
The aim of the establishment of A-Parent Education Academy (PEA) is to provide various learning opportunities for every A-School parent to equip themselves with some parenting techniques towards positive communication and to understand more about their child's emotions and stress, so as to build up a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

「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，增強與子女溝通及管教子女的能力，了解子女的情緒和壓力，從而促進親子及家庭關係。

B. Purposes 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
學習怎樣培養子女的良好品格及自我管理能力
3. Strengthen the home-school relationship. Understand more about school's curriculum and development
加強家校合作，讓家長多了解學校的課程及發展

C. Curriculum Structure 課程架構





A Vote of Thanks



Parents are always regarded as one of the most valuable assets of A-School. They are always friendly and supportive, and also eager to learn to be a better parent. In the past school year which was disturbed severely by the epidemic, not only students but also their parents managed to continue learning by different means, and sometimes even participated in the parent-child programmes together. I'm so proud of having so many role models of lifelong learners in our A-School family, which are definitely one of the driving forces for the school's continued development and improvement. My heartfelt thanks to all the participants in our PEA programmes last year! I look forward to seeing much more participants and helpers in this school year.

Mr. Lo Chi Chung, Eric

Deputy Principal and Head of Secondary Division



Being a parent is a lifelong responsibility and at the same time a most wonderful and joyful life experience. It takes a tremendous amount of love, commitment, effort and time to learn, to understand, and to support our children's needs when they are growing up, as we walk with them along their journey as they grow and prosper. We are thankful to parents' support in the PEA events as you work hand-in-hand with the school to raise our children to walk their own unique path.

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

Ms. Chong Hiu Li, Jackie

Senior Vice Principal (Head of Primary Division)



2019-2020 課程回顧



A. Parents' Feedback on Parent Education Conference

家長教育研討會 參與家長回饋

9D 蘇弓潼 6C 蘇梓淳 家長

過去學校和家教會合辦的家長教育研討會我都有幸參加。今年的主題「風雨同行成長路」可以說是我印象最深刻的一次，其中一位主講者資深親子節目主持人鄧譚霖女士分享了她「在愛與淚中同行-正向親子溝通」和子女相處的失敗與成功之寶貴經驗，是次分享有笑有淚獲益良多。「笑」有些內容非常貼地，曾幾何時也在自己身上發生過，「淚」她的故事從失敗到領悟、被兒子原諒自己和最後兒子也成為了她的好朋友。結局非常感人！主講者以生動鬼馬方式帶領著每位在座家長非常投入這個研討會。整個分享會對我來說真是寶貴一課，每位家長嘗試去反思自己有沒有對子女做出一些「惡魔」的行為，從而反省自己應該如何與子女溝通和變成亦師亦友的關係。希望學校和家教會繼續為我們舉辦更多元化的分享會。



2A 何允程家長

非常感謝學校重視家長教育，每年舉辦家長教育研討會，通過不同主題，讓家長了解家長教育的意義及培育孩子的心得。今年的主題是「風雨同行成長路」，邀請了鄧譚霖女士和麥何小娟女士與我們分享如何建立正向的親子關係，提升子女的上進心及面對逆境的能力。讓我們體會到家長與小朋友一同學習一同進步的重要性。小朋友在成長路上遇到挫折是在所難免的，父母應從旁給予鼓勵和支持，並相信小朋友有能力去面對和解決問題。這次家長教育研討會令我們獲益良多，更加明白到父母應多與子女溝通，聆聽及了解他們的想法從而建立良好的親子關係。再次感謝學校及教師們的分享及安排，期待下一次的PEC！

B. SS Sunflower Parent Workshops

中學部 向日葵「攜」家長同行工作坊

Topics 講題

- 認識和處理子女的情緒和壓力 Knowing about the emotion and stress of my child
- 家長如何控制自己的情緒 How to enhance the EQ of parents?
- 當子女說你很煩系列一機不離手篇 How to communicate with youth about the use of electronic devices?

Feedback from participating parents: 參與家長回饋

- 切合家長需要，能引起個人感悟反思
- 提供日常實例，深入淺出
- 講者風趣幽默，氣氛輕鬆
- 方法實用，很多例子，很多提醒。
- 絕對是給作為父母的我們一個好好的學習及反思機會，更多謝講者及陳老師的實例分享，十分感人
- 貼近社會關注議題
- So nice for interactive presentation, participants can involve in discussion smoothly.

回饋正面，反應熱烈！期待您本年度的參與！The feedback is encouraging and we are looking forward to your participation in 2021!



2019-2020 課程回顧



C. Online Parent Groups 網上家長小組

Suspending Classes Without Suspending Learning - Online Parent Groups 停課不停學之家長篇

由於本學年下學期疫情嚴峻，影響甚深，本地家庭正面對不同的困難與挑戰，包括健康及學習的憂慮、家庭關係緊張等，為協助建立及維繫正面緊密的家庭關係，家長學堂特於停課期間設立網上家長小組及教育講座，鞏固家庭關係並促進兩代溝通。

During class suspension in Term 2, families in HK are facing different challenges such as health concerns, tension of family relationships, learning progress...etc. In order to assist parents in building and maintaining a positive family relationship, online parent groups and online parent seminar were held smoothly.



D. Parents' Feedback on Parent Forum 小學部家長座談會參予家長回饋

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

- 老師感性的分享
- 學習到如何陪伴與理解孩子對引導他們正向改變的重要性
- How to understand the feelings of the children and learn how to communicate with them.
- 懂得與小朋友相處
- 如何欣賞小孩和維繫大家正面的關係
- Quality of close relationships matters
- Learn about self reflection and how to face my children
- Appreciate your child, find kid's hidden beauty
- 在小朋友做錯事時，也要找到她的美
- 用愛去欣賞孩子

Other feedback from parents 其他回饋

- 再次感受到A-School的愛和老師的付出，衷心感謝你們
- The teachers in A-School are very dedicated to nurturing the kids. Thanks very much!!
- 對學校教育學生的方式更有信心
- 多謝老師們付出和努力
- We found full of love in A-School. Thanks all the teachers^^
- To understand the enthusiasm of A-School teachers.
- 衷心感謝各位老師無私付出，好感動！
- 感謝老師都用愛去愛同學們，用生命影響生命，感恩A-School老師都充滿愛



E. Parent Volunteers 家長義工

3D 李幗彤家長 Susanna Yu

時間匆匆過去，一轉眼女兒快要升上四年級了。我非常感謝A-School為學生們提供一個快樂、多元化及充滿「愛」的校園生活環境，讓小朋友在學習之餘，也能開拓自己自信的領域，更能學會各種相處之道。

透過參與不同的家長義工活動，我也能深深體會校長和老師們是多用心教導學生，自己也能從中了解學校更多。在家長義工團隊的合作過程中，也看到家長們對於完成任務的那份堅持、那份無私的精神，實在是讓人感動！能夠作為A-School的家長義工一份子，能夠與小朋友一起成長，是最寶貴的點滴！



1B 蘇柏澄 3C 蘇柏熹家長 Angel

很高興可以成為A-School家長義工的一份子為學校服務，校園布置、圖書館、水運會、戶外活動和學生疫苗注射協助，每一個環節都很有趣和令我印象難忘。

我明白除了可以盡一點點力貢獻學校之外，家長義務工作亦對我和孩子都有得著的。所以凡有家長可以參加的活動，只要時間許可，我都一定會參加。因為我可以知道孩子在學校發生什麼事情，也可以增進與孩子的共同話題，讓孩子知道媽媽是重視他和學校的。最重要的是我知道家長的積極參與，也是支持學校的其中一個行動。



9D 蘇芍潼 6C 蘇梓淳 家長

每逢佳節，若然在家裝飾佈置，總會給人有眼前一亮，煥然一新的感覺，所以我很喜歡在節日裏在家佈置添上氣氛。三年前知道中學部也有邀請家長們做義工，當時覺得很開心，因為中學部一直給我的感覺，是希望家長們可以放手讓同學們自己主導，知道可以參與學校佈置組，我就毫不猶豫地參加了。這三年我們一班家長義工，每逢聖誕節、農曆新年和復活節都會為學校佈置增添節日氣氛色彩，當我們在各樓層、中庭和大堂門口等位置裝上佈置的時候，看到同學們面上露出笑容，眼裏帶着歡欣和期盼，也聽到老師們的讚美和感謝，即使我們一班家長做得如何辛苦也是值得啊！感謝A-School讓我可以繼續參與義工活動！



F. Self-learning Sharing 自學分享

Film Appreciation "Lion Rock" 電影欣賞——獅子山上

<獅子山上> 是一齣取材真人真事電影，本來是獲獎無數，全球排名第八的精英攀石運動員，一次意外半身不遂，最後卻憑著意志與努力坐著輪椅攀上獅子山。家長學堂與家教會合作舉辦的電影欣賞活動於一月份順利舉行。透過電影欣賞，讓學生培養同理心，理解別人，建立正面的人生觀。



2C 盧欣滄 家長

常說逆境自強，情感上及內心比肉體上的掙扎有過之而無不及，很欣賞主角的毅力，堅定的意志加以行動是改變之始。凡事不要放棄，雖不知最後成功與否，但總算盡了力。



1C 麥理皓 家長

雖然之前也知道家教會安排的電影一定是勵志電影，但沒想過會如此感人。可能因為是真人真事改編，所以裡面好多場景都十分貼地！十分感動！其實生活中遇逆境，作為逆境裡面的主角，你是有得選擇的。可以選擇面對，逆境自強，也可以選擇逃避，怨天尤人。所以無論幾時，都應該盡力面對，不要放棄，因為你身邊有你愛的人，也有愛你的人一直支持你。多謝家長學堂舉辦這麼有意義的活動！非常感恩！

2019-2020 課程回顧

Self-learning Programme during Class Suspension

疫晴亦情·家長自學計劃

During class suspension, A-School hopes to encourage parents to acquire parenting skills through internet resources, reading and watching films, and thus the 'Self-learning programme during class suspension' was launched. Parents could choose among the internet clips, books or films recommended by the school. After finishing the self-learning tasks, parents then wrote a reflection and uploaded it to the website of A-Parent Education Academy. The feedback was positive and we collected more than 350 pieces of assignments from parents which were treasurable memories of fighting the virus!

抗疫期間，為鼓勵家長透過觀看網上資源、閱讀及電影觀賞自學，家長學堂特設「疫晴亦情·家長自學計劃」，家長可以選讀校方推薦的網上資源或同類書籍或影片，完成自學任務後，撰寫分享心得並上載家長學堂的網頁。家長反應熱烈，計劃共收集了超過350份家長自學成果，共同見證齊心抗疫的珍貴時刻！

A-Life Planning 疫晴亦情·晴空生涯規劃

家長分享

透過自學活動，我對該行業有以下的認識或心得分享

鋼琴調音師

上星期我們剛請了“鋼琴調音師”上門為鋼琴調音。當時小朋友很多問題，見鋼琴被拆開後，覺得調音師很偉大。現在能透過這節目了解內容，解答一些我也答不到的問題，真好！

2C 潘迦希家長



時裝設計師

這一個行業表面上是風光亮麗，工作性質看似輕鬆，但背後的努力往往都是容易被忽視的，所需要的技能與學識亦都很全面很不簡單。對這行業有興趣，甚或打算入行的，真的要好好考慮清楚，並要有捱苦的準備呢！

6B 龔心予家長

獸醫

由小學至今，小女渴望當獸醫，不過當看到職場制勝介紹獸醫的一輯，令她明白當獸醫不是單純一件玩樂事，其實很多時候動物痛苦生病才看獸醫，其中，有很多悲歡離合，再者動物生病時很多時候偶爾掙扎，需要加倍耐心。香港未來對獸醫的需求會有增無減，以往只限在台灣及澳洲等地才有獸醫學科進修，現在城市大學已開設學科，所以她亦明白入職人數會增多，競爭也會增多，不過如再加把勁，亦可向專科發展，精益求精。

12C 劉咏恩家長





Hotel Management

This is a very unique and lively job. In a hotel there are so many jobs to choose from like making rooms or being a hotel manager. Working in a hotel makes you happy because you make other people happy. Working in a hotel helps you learn other countries' cultures, giving you a chance to learn other languages, so it is really fun to work at a hotel. At first making beds seemed like a boring job but along the way we could also learn some fundamental concepts of hotel management.

Parent of 8E Bowen Sit

Optometrist

The video I watched helped me to figure out what I want to become in the future and how I want to become it. The videos showed a brief description of the career. For example, it told me what an optometrist needs to do, requirements to become an optometrist, and the levels of optometrist. First, I was unclear about this career, as I only knew that they help you check your eyes. After I learned more information about the career, I realized it wasn't as easy as I thought, but it takes time and effort.

Parent of 8B Wong Man Chong



婚禮化妝師

透過自學短片，我認識到做化妝師是沒有病假的，假如化妝師不舒服，也只能硬著頭皮做下去，我還知道化妝師是十分忙和辛苦，因為化妝師就像新娘的貼身助手(化妝、設計頭髮、替新娘換衣服.....)，是值得尊敬的職業。

7E 陳曦言家長

Interior Designer

Interior design requires one to solve problems regarding the design of a room, lots of communication is required, and I may need to spend lots of time coming up with the best solution for my clients, but all this will pay off when the design brings a client satisfaction. I can also use my creativity to come up with interesting designs to fit as much utility into a home whilst coming up with a room that gives off a cozy, soft feeling.

Parent of 10D Lo Sum Yi Abigail



咖啡師

喜歡喝咖啡，卻沒有想過這個職業會有如此要求！把興趣變成職業聽上去很有趣，但要泡制一杯咖啡配合不同顧客的需要，自問沒有信心！有跟進着更多的介紹影片，有些咖啡師在學師的過程中每天會喝上30杯espresso以嘗試和比較不同咖啡的味道！想想也感到要瘋了！沖一杯咖啡，殊不簡單！

5B 陳德揚家長

2019-2020 課程回顧

B. Parent-child Reading and Physical Training 疫晴亦情·親子閱讀及體力訓練 家長分享

現今科技發達，要讓小孩喜歡實體書，要從小培養閱讀習慣。我家兩位小孩於嬰兒時期，已接觸布書，從摸索不同物料和聆聽其發出的聲音，令他們初次感受樂趣。他們1歲時，我們閱讀各種主題的硬皮書，如農場、動物和身體部位等等，除了培養親密關係外，還能訓練專注力。自小孩懂得走動，我每星期帶他們到圖書館三次。2歲開始，他們閱讀簡單故事，如Oxford Reading Tree Kipper系列和青田教育中文認字叢書，還有生活化的繪本，如晶晶出版社系列和莎莎系列。幼兒吸收力強，打開了知識寶庫，小孩看書量越多，投入程度越深。圖書館有各式各樣的藏書，小孩對閱讀除了愛，還是愛。小孩近期最愛的是福爾摩斯偵探系列，適逢學校請來厲河作嘉賓，孩子們真是歡喜若狂！作為媽媽，我仍會找緊機會親子閱讀，建立緊密關係，一同沈醉於無盡的「黃金屋中」。

5B 呂卓諺家長



親子閱讀能增強親子關係、提升子女閱讀能力、也是一個提醒父母放下手機，以身作則一起閱讀的好機會。父母可藉故事，傳承人生價值觀，也可以瞭解子女感受和分享經驗。我們家有兩個小孩—才哥和心妹，每晚我和才爸分別和孩子一起閱讀，因為他們年紀不一樣，我們也選取迎合不同年紀和性格的書本。在親子閱讀中，我們對小孩的成长感到驚訝，他們的觀察力比我們更強。我非常推薦Oxford Tree Reading books，當中的互動和故事劇情，每天閱讀也不會沉悶，有時候我們會代入其中，也會互換角色，讓我們更認識孩子。記得有一次，才妹告訴我，故事中的孩子睡覺時還是穿同一件衣服，原來小孩的觀察力那麼強。疫情期間，我們每天回家換衣服的生活方式，小孩也留意到。希望大家在疫情中，好好珍惜在家和孩子的互動時間，加油！

2D 洪才家長

我和女兒每晚都一起閱讀，除了因應她的興趣選擇故事外，當我教導她一些較抽象的道理時，我會借著書的內容引導她思考。例如《團圓》一書，作者余麗瓊描述長年奔波在外的爸爸每年只回家一次，滿載感人的情節，雖然關於父女情，但我會引導女兒把書中爸爸的角色代入菲傭姐姐的情況，她們長年在港，每年只回菲律賓一次，她們的子女一定很想念媽媽，從而希望女兒設身處地為他人著想。這樣除了讓女兒對書本內容更深刻外，也能啟發她思考。親子閱讀是每天我和女兒的開心時光，希望一直延續下去。

3C 戴靖兒家長



親子閱讀需由小朋友興趣着手，剛開始時我會選擇彩色繽紛、文字少的書籍，長大一點時會讓她按自己興趣去選擇圖書，當然我會先了解她所選擇的圖書內容，可能是從小陪讀的關係，女兒都樂於主動跟我分享她的閱讀心得和趣聞。

4D 蔡晴嘉家長

I love to read National Geographic books with my girl because we can learn something new together. And most of the time, she will read more books or find more reference books for further knowledge and explanation.

When we plan our vacation, I get books related to the place(s) or countries that we will visit (including the geographic, natural, historical aspects). She loves to read to find more information to decide what to do there. She acts like a little guide when we are there as well.

Parent of 3C Ip Chloe



我在孩子很小的時候就開始讀故事給他聽，如0-3歲的時候，讀《各式各樣的臉》和《抱抱》這些充滿愛和孩子容易感受的繪本，3歲後讀一些故事繪本，如《鼠小弟》系列，5歲以後讀有關行為規範的繪本，如《貝貝熊系列叢書》。需要鼓勵孩子的話，會讀一些相關的繪本，如上幼稚園的時候，讀《魔法親親》，讀完後，每當我上班時，孩子會在我手心吻一下，我也會在他手心吻一下，我們想念對方的時候就把手放在臉上；如孩子怕黑時，讀《勇敢的奇奇不怕黑》等。回想給孩子讀繪本的時候，真的很美好。但自從他上一年級後，我慢慢減少了陪讀，讓他選擇自己願意看的圖書。我希望能抽時間再給他讀一些書，因為他已經忘記我以前給他讀書的事情了。我希望通過親子閱讀建立更好的親子橋樑，成為孩子美好的回憶和成長的資源。

4E 郭禮誠家長

My recommended book is the Old Master. This is a traditional book with short stories covering various topics. The stories are interesting, as they teach you how to deal with other people in a good manner, relationship and personal attitude. Some stories are quite political and related to social issues. Some are related to the environment. However, it is better for parents to read them together with children so that she/he can understand the actual meaning and learn some new words.

Parent of 3C Li Chi Ting



Doing exercise is good for our health. We can also enhance our emotional health and parent-child relationship. We should do exercise every day to prevent catching the coronavirus. We decided to do sports every day to lose some weight and improve our muscles and bones. I heard that exercising could also help brain health and our memory so with everyday training I think we will be prepared for the upcoming fight against coronavirus.

Parent of 8E Bowen Sit

I started reading bedtime stories to Chelsea since she was 1.5 years old. I was still working full time back then, so reading with her was our moment to bond, which we treasured and enjoyed. It helped her to pick up reading as one of her interests. She would always want a book as a reward. She once said that she liked the sound of flipping and the smell of books. By reading, she can not only gain knowledge and vocabulary, but also take it as her own 'me time' or 'quiet time' to relax as she grows up. Reading by flipping, smelling, discovering old notes will all leave a special memory to her. I hope I can inspire Chelsea's little brother to do the same.

Parent of 2B Chelsea Leung Hoi Kiu



2019-2020 課程回顧

C.Parent-child Cooking 疫晴亦情 · 親子烹飪



2019-2020 星級家長證書得主

Primary Division

G1	LEUNG Ching Wai	梁澄慧
G1	WONG Ho Yi	黃浩儀
G1	KWOK Jane	郭伊楠
G1	TSE King Chi	謝敬知
G1	CHAN Jacus	陳靖南
G1	LI Cheuk Nam	李卓嵐
G1	TANG Sherlock	鄧卓昊
G1	LEUNG Hoi Yo	梁愷悠
G1	CHOI Shun Ki Ezra	蔡信祈
G1	MAK Hon Tan	麥瀚丹
G1	WONG Hang Chun Alvin	黃行浚
G1	LAM Ka Nam	林珈嵐
G2	LUI Tsz Ching	呂梓晴
G2	LO Yan Hay	盧欣浹
G2	WONG Hong Yat	黃匡逸
G2	HO Tin Yeung	何天陽
G2	LAI Pak Ho	黎柏昊
G2	LEUNG Tsz Ching	梁芷菁
G2	LOO Tin Lam Aidan	盧天藍
G3	CHENG Long	鄭塋
G3	Tse Pak Yin	謝栢賢
G3	CHAN Sum Yau	陳心悠
G3	LAM Hei Yeung	藍希揚
G3	TONG Yan	唐欣
G4	CHAN Ho Him	陳浩謙
G4	LIU Sung Tin	廖崇天

Secondary Division

G7	CHU Yin Wai	朱彥瑋
G7	HO Hiu Chun	何曉駿
G7	TANG Cheuk Man	鄧焯文
G7	SIT Bowen	薛博允
G8	FU Cheuk Yiu Tiffany	傅卓瑤
G8	LIU King Tin Alvin	廖敬天
G8	CHEUNG Lok Hei	張洛僊
G8	FUNG Wai Ho	馮煒皓
G8	TAM Bosco Yiu Huen	譚曜烜
G9	LAI Lok Man	黎洛汶
G9	YUE Tsun Ho Cyrus	余浚灝
G9	SO Chuk Toon Natalie	蘇芍潼
G11	LAU Wing Yan	劉咏恩

所有得獎家長將被邀請出席於10月31日舉行之家長教師會周年會員大會暨家長學堂頒獎典禮 2020-2021。敬請留意稍後發出的邀請函。

All awardees will be invited to attend the PTA AGM cum PEA Prize presentation ceremony on 31 October. Please pay attention to the invitation in school notice later.

2020-2021 Parent Education Workshop / Forum

2020-2021 家長教育工作坊/座談會

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

Workshop/Seminar	Time
Middle School Parent Education Programme	Sept 2020 – Dec 2020
SS Sunflower Parent Workshops 中學向日葵「攜」家長同行計劃	Jan 2021 – March 2021 (3 times)
PS Parent Forums (Junior School) 小學家長座談會 (初小)	Whole year (5 times)

Middle School

PEA Middle School Programme 2020-2021 家長教育課程

為照顧五年級至八年級的家庭教育需要，更配合我校特色家長日活動，本年度新設Middle School 家長教育課程系列，請所有Middle School 家長積極參與！

In order to cater for the education needs of G5- G8 parents, and to coordinate with the special activity on Parents' Day, a series of Middle School parent education programmes will be newly arranged this year. All Middle School parents are invited to participate!

第一節 Session 1

A different new school year - How to make good use of positive education to prevent epidemics?

不一樣的新學年——
如何善用正向教育做好心情防疫？
(25 Sep)

Make Positive 蔡舒琪女士



第二節 Session 2

Wisdom of getting along with the opposite gender and its influence on children

兩性相處的智慧及對孩子的影響
(6 Nov)

心自寬輔導 葉萬壽先生



第三節 Session 3

Open the magic door of positive communication - a letter to my child workshop

打開正向溝通的魔法大門——給我的孩子的一封信工作坊 (12 Dec)

• Ms. Cho Siu Yee 曹小怡老師



• Ms. Chan Pui Yau 陳佩柔老師



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

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

為建立正面積極的家校關係，學校特於本學年設立向日葵「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	08/01/2021(Fri) ; 26/02/2021(Fri) ; 26/03/2021(Fri) (3 sessions in total) (共三節)
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/ Performing Arts Theatre 表演藝術中心
Target 對象	Parents of secondary school students 中學生家長
Quota 名額	70
Language 語言	Cantonese 廣東話

Details of the Sunflower Parent Workshops 向日葵「攜」家長同行計劃詳情:

Dates 日期	Topics 講題	Speaker 講者	Target 對象
08/01/2021 Friday 星期五	<ul style="list-style-type: none"> Post-00s' fashion culture and electronic consumption 00後潮流文化及電子消費 Understand the trend of youth culture and enhance parent-child communication 了解青少年潮流文化，增進親子溝通 Explain the traps of online shopping, how parents can cleverly intervene in advance 講解網購陷阱，家長如何巧妙地及早介入 Understand the trend of electronic money and improve financial management skills 了解電子貨幣趨勢及提升理財技巧 	Hong Kong Family Welfare Society 香港家庭福利會	Junior and senior grades parents 初中及高中家長
26/02/2021 Friday 星期五	Child's career navigator 子女的生涯導航者 <ul style="list-style-type: none"> How can parents guide their children to find their career direction 家長如何引導子女找到生涯方向 Understand future career trends and skills 了解未來職業趨勢和技能需要 	The Hong Kong Federation of Youth Groups 香港青年協會	Junior and senior grades parents 初中及高中家長
26/03/2021 Friday 星期五	New horizon of choice - how to help children deal with Grade 9 subject selection 抉擇新視野-----如何協助子女面對高中選科 <ul style="list-style-type: none"> Suitable for parents of 8th and 9th graders 適合八、九年級家長 To select subjects for children from the perspective of life planning 以生涯規劃角度為子女選科 	The Hong Kong Federation of Youth Groups 香港青年協會	Junior grades parents 初中家長





1.1 PS-Parent Forum Series 2020-2021 小學部家長座談會系列2020-2021

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 between 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 2020-2021 小學部家長座談會系列 2020-2021
Dates 日期	12/9;19/9/2020; 27/2;27/3/2021 (Saturdays) 10/1/2021 (Sunday) (5 sessions in total) 12/9;19/9/2020;27/2;27/3/2021 (星期六) 10/1/2021 (星期日) (共六節)
Time 時間	10:00 a.m. - 11:30 a.m. 早上十時至十一時三十分 (星期六) 8:45 a.m. - 4:30 p.m. 早上八時四十五分至下午四時三十分 (星期日)
Venue 地點	Lecture Theatre /Hall/ Live Online 演講廳 /禮堂/ 網上實時
Target 對象	Parents of Particular Grades 指定年級的家長
Quota 名額	200 (except for the parent-child day camp) (親子日營除外)
Language 語言	Cantonese 廣東話
Fee 費用	Free 免費
Certificate 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
12/9/2020 Saturday 星期六	Be a Smart Netizen 網絡小達人	Tips for staying safe on Internet and prevent online addiction 網絡安全及預防網上成癮	Case study, videos & discussion 個案分享、影片播放及小組討論	G1-6 一至六年級	The Office of the Government Chief Information Officer 政府資訊科技總監辦公室



19/9/2020 Saturday 星期六	A different school opening – Positive emotional management 不一樣的新學年——正向情緒管理	To provide information for parents to cope with school opening 在開學期間，為家長提供正向資訊，管理情緒	Case study, videos & discussion 個案分享、影片播放及小組討論	G1-6 一至六年級	Social workers from the Boys' and Girls' Clubs Association of Hong Kong 香港小童群益會註冊社工
10/1/2021 Sunday 星期日	Positive relationship and emotion building day camp 建立正向關係及情緒日營	Parent-Child Day Camp 親子日營	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
27/2/2021 Saturday 星期六	Growth mindset workshop (I) 成長思維工作坊 (I)	To develop growth mindset in children 如何讓孩子建立成長思維	Case study, videos & discussion 個案分享、影片播放及小組討論	G1-6 一至六年級	Social workers from the Boys' and Girls' Clubs Association of Hong Kong 香港小童群益會註冊社工
27/3/2021 Saturday 星期六	Growth mindset workshop (II) 成長思維工作坊 (II)	To develop growth mindset in children 如何讓孩子建立成長思維	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	G1-2 一至二年級	SD teachers, G1-2 Class Teachers SD老師，G1-2 班主任
24/4/2021 Saturday 星期六	Growth mindset workshop (II) 成長思維工作坊 (II)	To develop growth mindset in children 如何讓孩子建立成長思維	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



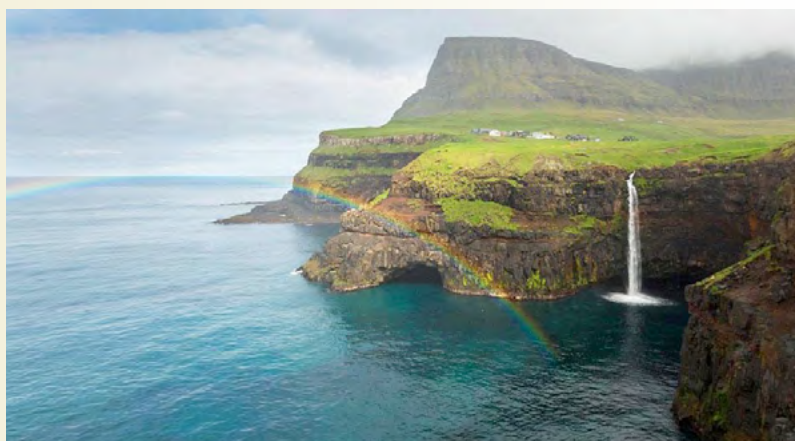
1.2 Workshop on Parent-child Mindfulness 親子靜觀工作坊

Is it true that students who practise the mindfulness techniques at home can help them sleep better, or can calm themselves before some sports, musical or other important events? If you want to find out more about the benefits of mindfulness in our daily life, please join us and taste it yourself.

靜觀的學習及持續的練習是否有助學生有更好的睡眠？是否能令學生在運動比賽前、音樂比賽前或其它重要的事情前更能冷靜面對？歡迎大家來參加，一起體驗靜觀為我們帶來的好處。

Name of activity 活動名稱	Parent-child Mindfulness Workshop 親子靜觀工作坊
Dates 日期	21/11, 28/11, 5/12, 12/12, 19/12 (Saturdays 星期六) 5 sessions 共5節
Time 時間	10:00 a.m. - 11:15 a.m. 早上十時至十一時十五分
Target 對象	Parents and students of G3-G4 三至四年級學生及家長
Quota 名額	10 parent-child pairs 父母-子女 共10組
Language 語言	Cantonese 廣東話
Fee 費用	Free 免費

Content 內容	Format 形式	Target 對象	Instructor 導師
Basic understanding of mindfulness Learn some practical skills 靜觀的基礎理念 不同的靜觀技巧	Group discussion, video sharing, self-practice 小組討論、影片欣賞、個人練習	Parents and students of G3-G4 三至四年級學生及家長	Mr Marcus Lee 李嘉榮老師 Coordinator of Guidance 輔導統籌



親子靜觀工作坊



2020-2021 Parent Education Conference

2020-2021 家長教育研討會

Theme: “Reborn in Resilience and Love”

主題：逆風而上 · 愛裡更新

Date: 28 November 2020 (Saturday) 2020年11月28日(星期六)

Co-organised with PTA 家長教師會合辦

This thematic parent education conference can help parents explore family education issues in society more deeply.

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和探究。

(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

Theme 主題講座 (1)

逆風而上——提升家庭抗逆力

How to enhance resilience of our family?



Speaker: Mr. Francis Mak Yun Sau BBS, MH

講者：麥潤壽先生 BBS, MH

香港著名廣播節目主持人，熱心青少年輔導工作，曾於香港電臺第二台主持《星空奇遇鐵達尼》節目達13年。2005年獲香港特區政府頒授榮譽勳章，以表揚他致力向社會推動及灌輸樂觀積極的精神。2011年7月更獲頒銅紫荊星章，以表揚他熱心參與社會服務，表現傑出，尤其在兒童及青少年發展方面，貢獻良多。

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 主題講座(2)

愛裡更新——為家庭找到流通情緒的管子

How to take care of the emotional needs of our family?



Speaker: Speaker: Dr. Wat Wai Ho

講者：屈偉豪博士

資深執業家庭治療師，婚姻及家庭治療哲學博士，擁有美國加州之執業資格，亦為美國婚姻及家庭治療學會臨床院士暨檢定臨床督導，美國牧關督導及心理治療學院院士，香港專業輔導協會院士，認可督導暨認證輔導員，香港婚姻及家庭治療協會認可督導，於多所大學任教家庭輔導課程，為多所輔導中心之顧問及督導，屈博士經常應邀主講講座，並曾在多所電台及電視台擔任嘉賓主持，講解婚姻及家庭生活要訣。



Parent-Child Activities (Whole Year)

親子活動 (全年)



PTA Activities

The PTA organizes different activities to enhance the communication among A-families. You can show your support by just enjoying the treasurable parent-child time.
 家教會每年舉辦多元化的活動以加強家長們的聯繫，請多支持，共享珍貴的親子時光。



A-Family Sports Games Day

In order to enhance the communication among parents, students and teachers, "A-Family Sports Games Day" is held once every two years. Let's show our energy and sportsmanship in the coming sports games day!
 為加強家校溝通，每兩年舉辦一次的「家校同樂競技日」正提供機會，讓家長、老師和同學們於球場上展現活力與體育精神！

Interest Classes

The 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)

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.
 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 Prayer Group 家長祈禱小組

Through the prayer gatherings, parents can care about the school, teachers and students in a spiritual way and enjoy sharing with parents in a relaxing atmosphere.
 透過家長祈禱小組，家長們可以在靈性上支持與關愛學校師生，在輕鬆的氣氛下共同交流，增進感情。

(All parents are welcome 歡迎各級家長參與)

Parent-Child Activities 親子活動	Time 時間
PTA Activities 家長教師會親子活動 (如：清潔海灘、求生營、大旅行等)	Whole Year 全年
A-Family Sports Games Day 家校同樂競技日	May 2021
DIY natural mosquito balm/ natural eczema cream class DIY天然護膚品班/西式烹飪班/手工藝班/陶藝班等	Apr-May 2021
All about medicine 家居醫學百科	Feb 2021
Financial management and investment 理財與投資	May 2021



PEA Google Site 家長學堂網頁

To facilitate the development of A-Parent Education Academy, a website has been 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/hkbuaspea/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 resources
- 自學分享上載及交流 Uploading of self-learning reflection
- 家長教育活動剪影 Snapshots of PEA activities





PEA ---New library Booklist 2020-2021 (Donated by PTA)

家長學堂——圖書館新增書目 2020-21 (由 PTA 捐贈)

title 書名	author 作者	classification 分類號	publisher 出版社
青春期的叛逆教養	林博	528.21 4499	帕斯頓
青春期父母求生指南	尹多玉	528.21 1750	高寶國際
青春期免驚！	陳品皓	528.21 7529	木馬文化
陪伴孩子的情緒行為障礙	王意中	415.989 1010	寶瓶文化
遇見妳，是我最大的福氣	天航 & Emily	855 1020	天航出版社
讓孩子學會道別	艾曼紐埃勒·俞斯曼 - 貝杭 (Emmanuelle Huisman Perrin)	397.18 1477	麥田
解碼青春期	喬許·希普(Josh Shipp)	528.21 9041	親子天下
親愛的小雨果：媽媽希望你學懂的人生智慧	天航 & Emily	855 1020	天航出版社
螢幕兒童：終結3C使用焦慮的10堂正向數位教養課	安雅·卡曼尼茲(Anya Kamenetz)	528.21 2084	八旗
蒙特梭利教養進行式：翩翩園長的45個正向教養解方	何翩翩	528.21 2122	親子天下
聰明但散漫的青少年怎麼教	理查·奎爾(Richard Guare PhD), 佩格·道森(Peg Dawson EdD), 科林·奎爾(Colin Guare)	528.21 6507	高寶國際
繪本裡的千言萬語	李貞慧	528.21 4040	大好書屋
等着和你聊聊天	杜雯惠	528.21 4491	世界出版社
爸媽必讀！青春期女孩的網路安全界線	勞麗·沃爾克(Laurie Wolk)	544.67 5072	三采文化
父母這樣做，成就正面自信孩子！	葉偉麟, 梁婉珊	528.21 4490	天窗出版社
父母一句話，啟動孩子解難力	葉偉麟, 梁婉珊	528.21 4490	天窗出版社
為孩子身心健康的23個飲食教育法	陳美齡	528.33 7529	萬里機構
教養方程式：你的角色，決定孩子如何出色	隆納·弗格森(Ronald F. Ferguson), 塔莎·羅伯森(Tatsha Robertson)	528.21 5476	親子天下
我們，相伴不相絆	郭葉珍	528.21 0742	三采文化
如何叫得動青春期男孩？	亞當·普萊斯博士(Adam Price, Ph.D.)	528.21 1742	三采文化
圖解青少年的難搞小劇場：阿德勒正向教養	安·克萊兒·克蘭迪恩 (Anne-Claire Kleindienst)	528.21 2744	地平線文化
圖解孩子的失控小劇場：阿德勒正向教養	安·克萊兒·克蘭迪恩 (Anne-Claire Kleindienst)	528.21 2744	地平線文化
因為是爸媽，你值得輕鬆快樂每一天	K.J. 戴爾安東尼亞(Dell' Antonia)	528.21 0830	字畝文化
化解孩子的「對立反抗」	王意中	528.21 1010	寶瓶文化
兒子教曉我的事	陳錦鴻	528.21 7529	世界出版社





光光老師的高情商教養學	廖笙光	528.21 0022	遠流
優雅教養：傾聽、陪伴、愛，教你解讀孩子的心	尚瑞君	528.21 9022	木馬文化
不打不罵也能教出好習慣！	高祖常子	528.21 0022	台灣東販
陪孩子面對霸凌 父母師長的行動指南	Barbara Coloroso (芭芭拉·科婁羅索)	527.4 2070	心靈工坊
腦袋不聽使喚怎麼辦 幫助孩子克服強迫症	Dawn Huebner	415.991 0541	書泉出版社
男孩危機	Warren Farrell (華倫·法雷爾) & John Gray (約翰·葛瑞)	173.32 5077	三采文化
為什麼青少年都衝動	David Walsh (大衛·華許)	173.2 5079	張老師文化
注意力不足 過動症怎麼辦	Patricia O. Quinn & Judith M. Stern	415.9894 6548	書泉出版社
擔心太多了怎麼辦 幫助孩子克服焦慮問題	Dawn Huebner	415.992 0541	書泉出版社
我們都錯了！同理心才是孩子成功的關鍵	Michele Borba, Ed.D. (蜜雪兒·玻芭博士)	528.2 1071	字畝文化
我不是壞小孩 只是愛生氣 40個幫助孩子控制怒氣的活動	Lawrence E. Shapiro (勞倫斯·夏皮羅) & Zach Pelta-Heller (扎克·佩塔-海勒) & Anna F. Greenwald (安娜·格林沃爾德)	176.56 9001	親子天下
我不再害羞了 42個練習克服畏縮	Richard Brozovich (理查·布洛素維奇) & Linda Chase, Lmsw (琳達·關斯)	176.526 1709	親子天下
強化孩子正向韌性心理的自我對話練習	李挺豪	528.21 4050	采實文化
孩子的人生成長痛 小說有解	羅怡君	528.2 6091	如何出版有限公司
女孩的性教育指南	Michelle Hope (蜜雪兒·霍普)	397.15 0014	晨星出版有限公司
太害羞怎麼辦 幫助孩子克服社交焦慮	Claire A. B. Freeland & Jacqueline B. Toner	173.12 5744	書泉出版社
哪個孩子無壓力 兒童減壓手冊	胡潔瑩、陳潔冰、沈孝欣	176.54 4739	明報出版社
別找我麻煩 37個幫助孩子勇敢面對霸凌的好對策	Susan Eikov Green (蘇珊·艾考芙·格林)	527.47 6744	親子天下
交個朋友吧 輕鬆擁有友誼的40個方法	Lawrence E. Shapiro (勞倫斯·夏皮羅) & Julia Holmes (茱莉亞·侯姆斯)	177.32 9001	親子天下
不想分離怎麼辦? 幫助孩子克服分離焦慮	Kristen Lavalley, PhD, & Silvia Schneider, Dr.rer.nat.	415.992 7050	書泉出版社
不亂發飆的孩子：孩子情緒管理的第一本書	Kathy Levinson, Ph.D. (凱西·萊文森博士)	176.52 7454	信誼基金出版社
6-9歲孩子，為何喜歡裝大人？	Corinne Aves (柯琳·艾維斯) & Biddy Youell (碧蒂·由耶爾)	173.1 0549	心靈工坊文化
10-14歲青少年你在想什麼？	Bergese, Rebecca.; Waddell, Margot.	173.2 1476	心靈工坊文化

**家長學堂圖書館書目將定時更新，歡迎家長借閱，家長可於PEA網頁直接辦理借閱手續，詳情請瀏覽PEA 網頁。*

Books of the library will be updated regularly. Parents are welcome to borrow the books through the PEA website.

Please visit the PEA website for details.



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

「家長學堂」課程要求及學分計算方法

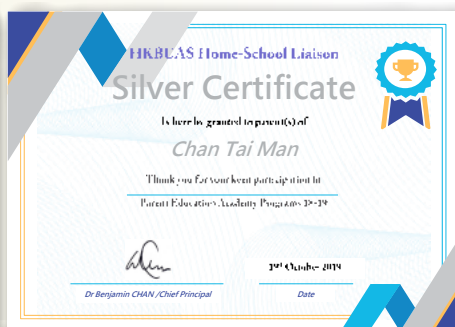
In order to encourage parents to actively participate in the "A-Parent Education Academy" activities, a credit scheme will be established as follows,

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 Annual General Meeting (AGM) in coming October. 學分可累積至每年8月。證書將於10月家長教師會周年會員大會中頒發。
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. The PEA Newsletter will be published to share the details of the programme at the end of the school year. 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. The Commendation Ceremony will be held in July every year to show appreciation to our outstanding parent volunteers. 每年7月將舉行家長義工嘉許禮以表揚傑出家長義工。
6. At the AGM of the PTA in October every year, qualified PEA parents will receive certificates presented by the school. 每年10月份舉行的家長教師會周年會員大會中，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 Voluntary Event 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

Annual Credits 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



The PEA programmes are abundant and meaningful. Please sign the reply slip of the PEA notice issued on 18 SEPT on E-CLASS for registration. 家長學堂課程豐富，意義非凡。如欲報名，請透過E-CLASS 簽署於9月18日發出的家長學堂年度課程報名回條



敏求篤信 明辨力行

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



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