



香港浸會大學附屬學校王錦輝中小學  
Hong Kong Baptist University Affiliated School  
Wong Kam Fai Secondary and Primary School

# A-Parent Education Academy Handbook

家長學堂手冊

2021-2022

Always kneel and speak to kids at eye level,  
a truly innocent world will be shown! - Ruan Gengmei

多蹲下來聽孩子說話，  
你看到的將是一個純真無暇的世界！-阮庚梅

## A Vote of Thanks 銘謝



Parents are always the backbone of the family and the school. They are the source of endless love and support throughout the life of a child as well as their guiding stars for a better future. In the past school year, which was continuously disturbed by the epidemic, parents have consistently given support to all the school functions and accompanied students to persevere through all the difficulties under the new normal. My whole-hearted thanks go to the executive committee members of the PTA who have worked collaboratively with the school for the benefit of our students. My thanks must be extended to all the participants in our PEA programmes last year, acting as a role model of lifelong learners in our A-school family. Your participation is most assuredly one of the driving forces for the school's continued development and improvement. I look forward to seeing many more participants and helpers in this school year.

**Ms. Claudia Liu**

Deputy Principal (Head of Secondary Division and International Curriculum)

父母永遠是家庭和學校的支柱，是孩子一生中無盡的愛和支持的源泉，也是孩子走向更美好未來的指路明燈。雖然過去一個學年學界持續受疫情影響，但家長們一直熱心支持學校各項工作，陪伴學生渡過新常態下的一切困難。衷心感謝家長教師會常務委員會成員，感謝他們為我們學生的利益與我校緊密合作；同時必須感謝去年參加家長學堂計劃的所有家長，你們是A-SCHOOL家庭終身學習的榜樣，您的參與絕對是學校持續發展和進步的動力之一。衷心期待在本學年看到更多的參與者和協助伙伴！

**廖詠琪 老師**

首席副校長(中學部暨國際課程總監)



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)

為人父母是一生的責任，同時也是最美好、最快樂的人生體驗。在我們陪伴孩子一步步走過成長之旅的同時，我們也需要用大量的愛、承諾、努力和時間來學習、理解和支持我們孩子在這過程中的所有需求。很感謝家長對 PEA 活動的支持，也因為你們與學校攜手努力，我們才能共同指引孩子走上其獨特的道路。

“教養孩子走他該走的路，直至年老都不偏離。”（箴言22:6）

**莊曉莉 老師**

高級副校長暨小學部總監

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



Dear Parents,

The 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 the school environment as well as the 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 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 the 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 essential qualities for one's achievement and positive well-being.

This year, the Academy will continue to work hand in hand with A-School to arrange a great variety of parent programs -- Annual Parent Education Conference, Middle School Parent Education Program, Sunflower Parent Workshops, Parent Volunteers, Parent-child Activities, Self-learning Sharing as well as PTA activities. I earnestly hope that our parents will collaborate 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 meeting you all in the new academic year!

**Dr. Ruby Cheung**

Vice Principal (Student Development, Secondary Division) and Head of Global Citizenship

親愛的家長：

香港浸會大學附屬學校王錦輝中小學致力培育學生的多元智慧和優良品格。通過優質的全人教育，培育和賦予我校學生聰明智慧，做個見多識廣、具藝術感、創造力和公民意識、思想成熟和身體強壯的學生。我堅信學校環境和家庭支持在促進學生成長和成就方面起著至關重要的作用。我一向重視家校合作的重要性，正如經上所言「教養孩童，使他走當行的道，就是到老他也不偏離。」（箴言22:6）。

家長學堂成立於2018-2019年。與 Martin Seligman 的正向心理學理論互相呼應，家長學堂開發了“PARENT”框架，以促進家校合作和家長教育。該框架包括發展學生的正面品格和優良素質的六個核心要素。它們是積極情緒（P）、成就（A）、關係（R）、投入感（E）、培育（N）以及團隊合作（T）。這些皆是個人取得成就和積極幸福的基本素質。今年，家長學堂將繼續與A-School攜手，安排豐富多彩的家長教育課程——年度家長教育研討會、中學「向日葵」家長教育課程、家長義工、親子活動、自學分享以及家長教師會活動。衷心希望家長們與學校緊密合作，踴躍支持家長學堂，讓A-School成為學生學習和品格培育的搖籃。

期待新的學年與您相見！

**張瑞霞 博士**

副校長(中學部學生發展)兼全球交流主管



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**

Vice 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**

副校長(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**

Deputy Head of Student Development

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被教育如何做這位老師，我們都是成為父母時，才學習如何當父母的。過程中，我們都明白引導一顆心是非常不容易的，但無私的愛往往推動我們學習如何陪伴子女成長。

什麼才是孩子最好的伙伴？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。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設立的支援家長平台。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。

每個人的生命就如一本書，需要一顆謙虛的心才能讀懂。讓我們一起謙虛地學習，讀懂孩子的心。

#### **曹小怡老師**

學生發展副主任



The PEA was established three years ago to provide A-School families with diversified parenting courses and deepen their understanding of the school through various activities. I have been with you for three years. I really want to applaud every parent who is enthusiastic about participating. Every time you concentrate on learning parenting and communication skills, and every time you attend parent volunteer services of all kinds, it is a testament to your dedication, expectations to your children and to the school. It is said: The most beautiful gift is companionship. Let us hold a sincere and loving heart, accompany our children from the ignorant childhood to the green youth, and witness every step of growth.

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

家長學堂成立三年，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。同行三載，確實要為每一位熱心參與的家長鼓掌，每一次全神貫注地學習育兒與溝通技巧、每一次出席大大小小的家長義工服務，都印證著您對孩子、對學校的付出，對子女的期盼。有說：最美好的禮物就是陪伴，讓我們捧著一顆真心與愛心，陪著孩子們從懵懂的童年走進青蔥少年，見證著每一步成長。

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 2021-2022

## 家長學堂 2021-2022

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

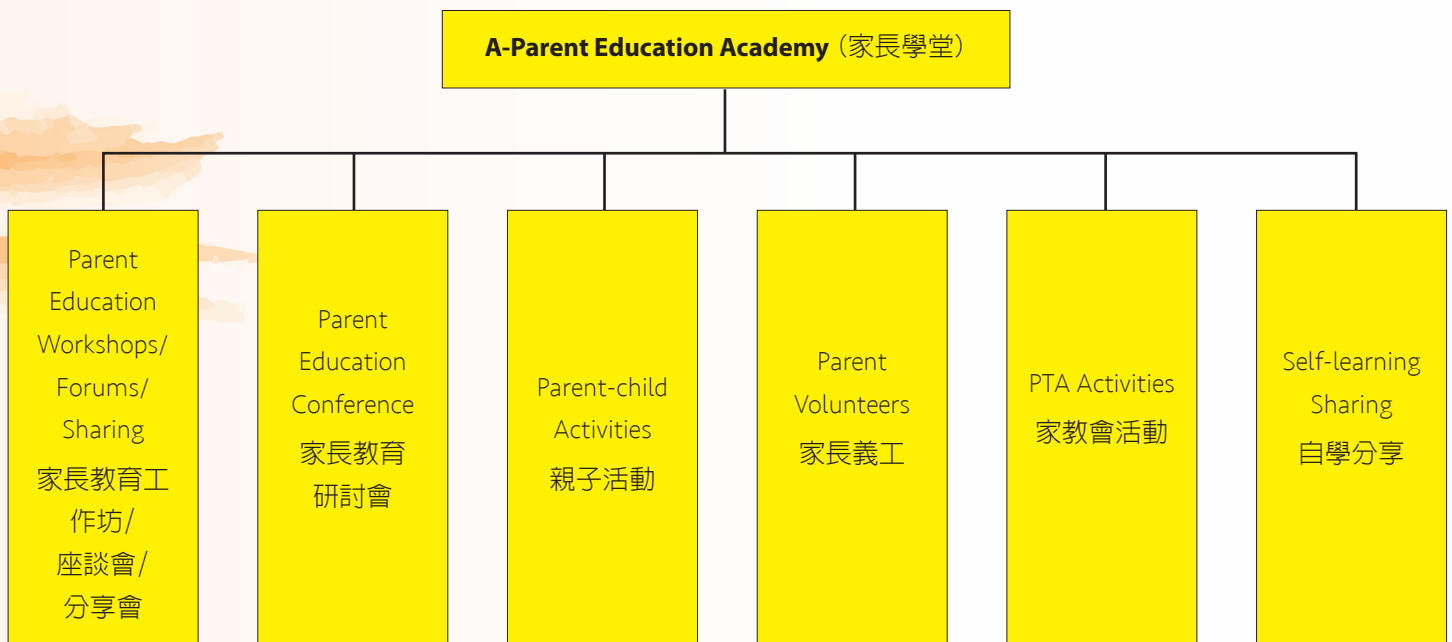
The aim of the establishment of A-Parent Education Academy (PEA) is to provide various learning opportunities for every A-School parent to equip themselves with some parenting techniques towards positive communication and to understand more about their child's emotions and stress, so as to build up a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

「家長學堂」設立的目的是為每一位A-School的家長提供學習機會，增強他們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



## 2020-2021 課程回顧

### A. Middle School Parent Education program

家長學堂手冊



#### Session 1 第一節

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

*Feedback from participating parents:* 參與家長回饋

- Informative and inspiring!
- Very useful and applicable!
- 真棒!
- Pleased to learn practical ways and effective experiences.
- 講者的態度十分配合這課題，很喜歡Jasmine的笑容!

#### Session 2 第二節

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

*Feedback from participating parents:* 參與家長回饋

- Mr. Yip 的講座就是精彩！
- 好合用的生活例子！
- 一針見血，極有裨益！
- 這是一個很重要的題目，希望學校不時會舉辦。

#### Session 3 第三節

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

*Feedback from participating parents:* 參與家長回饋

這個工作坊的主題很有趣，亦是很好的提醒。無論是父母還是兒女所擔當的角色都很不容易，不自覺間就會墮入只看到自己的困難和付出的努力，而忽略了對方的付出。這個工作坊成為一個很好的引子，讓我們倆可以再次回看和孩子一起走過的時光，各種滋味立即湧現心頭。期間，內子消耗了近半盒紙巾！執筆寫信是一件久違了的事情，對象還要是自己的孩子，感覺有點別扭，但為了走入孩子心扉，與他的關係更親密，我們會很認真地看待這份功課！

今次將是我第三次給兒子寫信，每次我都會一邊寫，一邊流淚，又會反省自己對兒子諒解不足、過分苛刻的地方，一想到自己有那麼多的不足便感到更羞愧，但每次寫信，由構想、下筆，以至放入信封，都好像是一個重生：重溫兒子由出生至現在的點點滴滴，大家一起經歷過的喜怒哀樂，反省如何能使自己變得更美好。如果說寫信給孩子是為大家建立溝通的橋樑，我會說這是令自己擁有更完整、更完美、更豐盛的人生……共勉之！

Thank you Ms Cho, for sharing from your heart, I am deeply touched. The examples echo my own experience and provide space to allow for personal reflection. Ms. Chan's examples on what to include in the letter were relevant and concrete, allowing us to see what good looks like. In this day and age, it's not often we use letters to communicate but I agree, it can serve as a wonderful memoir and keepsake. Thanks for your arrangement!



## B. Parent Education Conference 家長教育研討會

Theme: Reborn in Resilience and Love

主題：逆風而上·愛裡更新

*Feedback from participating parents:* 參與家長回饋

兩位都講得深入淺出，把親子關係、父母角色定位都分析得很到位。他們都能把深刻的道理和日常例子結合起來，讓我感同身受。「一大宗旨·二大堅持·三大守則」——我會把這堂課學到的方法運用到子女關係的處理中。希望以後能多舉辦類似的講座。再次感謝兩位嘉賓精彩的演講！

這次講座獲益良多，尤其對麥sir 演講印象深刻。透過幽默生動的演說，配合實務的技巧，可以幫助家長與小朋友建立正面的關係，找到一個正面的方法糾正小朋友的行為。很多時候家長理念是清晰的，但往往著手處理時會遺忘初衷，所以家長都要努力管理自己情商，善用正確方法幫助小朋友正向成長。多謝學校建立「家長學堂」這個平台，令家長可以得到專業知識與建議，不斷學習擴闊視野。

A very nice and touching share, which reminds me of the original goal of being a parent and how I submerge myself in authoritarianism. It's very inspiring to make parents aware that we should always put our feet into kids' shoes, and find creative ways to resonate with kids. I like the idea of displaying ignorance to level out the immediate tensions. The speakers are very professional, they are intriguing and very good storytellers, and the tricks they shared have never been in my radar. Thumbs up and thanks for all the hard work.

## C. SS Sunflower Parent Workshops 中學部 向日「攜」家長同行工作坊

Theme 主題

Post-00s' fashion culture and electronic consumption

00後潮流文化及電子消費

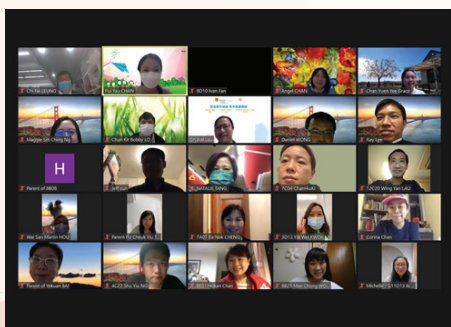
Child's career navigator

子女的生涯導航者

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

*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。
- 更了解時下青少年的理財概念，從而學習怎樣與孩子溝通。
- 能更了解孩子現在的潮流文化和消費習慣，進而引導孩子正確的理財價值觀。
- 能提供不同類型資料用作理財策劃。
- 貼近社會關注議題。
- 使我更認識未來職業趨向，為小朋友作出準備，感謝安排！

The feedback is encouraging and we are looking forward to your participation in 2022! 回饋正面，反應熱烈！期待您本年度的參與！



## D. Parent Prayer Meeting 家長祈禱小組

The bible said 'Children are a heritage from the LORD, offspring a reward from him.' (Psalm 127:3) Children are gifts from our heavenly Father. It is an opportunity to share, pray and seek the Lord and his strength and wisdom to train up our children in the way they should go.

聖經說：「兒女是耶和華所賜的產業，所懷的胎是他所給的賞賜。」（詩篇 127：3）兒女是上天給我們的禮物，在栽培和管教孩童的過程中，更體會天父那份無條件的愛和忍耐。

作為基督徒的父母和教師，我們既關心孩子的學業和身心發展，也重視他們靈性的需要。家長學堂新設「家長祈禱小組」，一同守望我們的孩子和學校團隊。

Date 日期	Theme 主題
15/12/2020	Seek Your Face 尋求祢的面
22/2/2021	True Blessing in Christ 領受真福氣
26/4/2021	HOPE in Christ 永恆的盼望
2/7/2021	Rejoice in His Mercy 在主恩中歡呼喜樂

### Feedback from participating parents: 參與家長回饋

#### 11D 甄海情家長

漫長的疫情，復課無望之際，突然收到學校將會舉辦祈禱小組，立即令焦慮不安的心情重燃盼望，深知主與我們同在！感謝校長老師在繁重的日子仍願花時間去展開祈禱小組，每次的聚會看見校長、老師和家長同心為學校禱告，都感動不已。時光飛逝，轉眼間長女已踏入A-School最後一年生活，願更多的家長加入祈禱小組，同心禱告A-School能成為一間榮神益人的學校。

## E. Parent Volunteers 家長義工

#### 3B張瑜麟、4D方柏竣、4E張濠麟

我們好開心在疫情下，今年仍有機會能參加學校的佈置組活動。感謝校長、老師給予我們的支持和鼓勵。從這個活動中，我們也認識到一群充滿熱誠和創意無限的家長，大家一起合作，由不可能變成可能，做出一件件美麗的裝飾品。每當佈置完成後，除了能為校園帶出節日的氣氛，最開心是看到每位小朋友的歡欣笑臉，使我們有很大的滿足感。

#### 11D羅至柔 5E羅業森

今年是特殊而艱難的一年，我們的工作和生活都因為疫情或多或少受到了一些影響。但學校排除萬難，在各類節日到來之時聯合義工家長團隊給同學們營造節日的環境氛圍，給大家帶來美的享受。在陳老師和一班有經驗義工家長的帶領下，我也有幸參與了環境創設。無論是聖誕節，還是春節的環境佈置，義工家長們用他們認真負責的態度感染了我，他們對作品精益求精，而且每次環創都安排得十分妥貼、快速和高效，環創效果總是讓人耳目一新，令我學到了很多東西。我想：無論疫情如何，人們的生活總要繼續。通過參加義工家長活動，更讓我深切明白這個道理。或者在越艱難的時候，人們應該越堅強，作為家長，更應該為孩子們、為自己，身體力行做點什麼，讓這個充滿未知的世界擁有一些已知的美和快樂。



## F. Self-learning Sharing 自學分享

### Book Sharing 好書分享

1B 陳心信 家長

書名：《父母一句話·啟動孩子解難力》

出版社：天窗出版社有限公司

作者：葉偉麟、梁婉珊

這本書文筆簡潔，附帶圖表，清楚易明，令我獲益良多。作者透過分享成功案例，帶出運用遊戲治療的精粹，教讀者有效地令孩子勇於面對和解決問題。

其中，作者再三提醒讀者當情緒突然來侵襲孩子時，不要急著指出孩子的不是，自己要先冷靜下來，才可以聆聽和感受孩子的心聲，這樣孩子才會感受到我們的愛，從而令之後的「管」和「教」也自然變得容易。

作者把多年培養孩子的經驗、體會和領悟，深入淺出地歸納成這本家長不容錯過的好書！



6E 李雅渝 家長

書名：《化解孩子的「對立反抗」》

出版社：寶瓶文化事業有限公司

作者：王意中

「我為甚麼要聽你講？」你有試過因孩子的不順從、爭辯和反駁而感到慪怒嗎？

隨孩子年紀漸長，他們也開始有了自己的主見，希望別人尊重。如大人面對孩子只有指責和處罰，忽略親子之間的溝通，往往會令孩子對父母產生敵意，結果不但影響了雙方的關係，更繼而出現越加對立反抗的局面。

本書作者是一位臨床心理師，他以自己接觸的兒童青少年案例重編成父母及老師在日常生活中、在教室裏遇到的孩子對立反抗問題，並且提供了實用的建議。本書不只適合家長閱讀，也適合老師們在經營班級秩序上作為參考呢！



## G. 26/6/2021 A-Family Sports Experience Day 家校競技同樂日

### Student Sharing 學生分享

12D 魏知彤

疫情期間，為保障學生與老師的安全，許多大型活動如陸運會都被迫取消。而「家校同樂競技體驗日」即是我校一個小型運動日，能夠點起家長師生們對運動的熱情，不忘強身健體的重要性。能夠以司儀及工作人員參與當日活動，看見同學、家長、老師們都樂在其中！一邊透過競技體驗，一邊聯繫家長師生之感情，真能體現「家校同心·顯活力」！是次活動深受大家喜愛，望來年亦能再次舉辦！

4B Breanna Chu Ngo Yuet

A huge thank you to A-school and all the teachers' efforts to arrange extracurricular activities during the weekends. Luckily, my daughter Breanna and I were selected to participate on the indoor bicycle at the "A-Family Sports Experience Day". Riding a bicycle on the platform, connected by designated software to a gigantic screen and iPad, makes you clearly understand how cycling exercise can affect our cardiopulmonary function and how many calories were burned. What an exciting indoor cycling experience that leaves us feeling totally refreshed!!



8C Canyon Zhong

This morning I tried to find the right outfit for this event. Canyon lent me his school team jersey. The moment when I put it on, I suddenly realised that he had grown up right in front of me. Life moves fast and is constantly changing, but we need to take time for reflection, every now and then. Live together rather than stay together.



## H. Workshop on Parent-child Mindfulness 親子靜觀課程

Feedback from participating parents: 參與家長回饋

### 4E 李展熙 家長

早就聽說過靜觀課程，它是幫助人們平靜心靈，舒緩焦慮，更好地面對壓力的課程。課堂上李老師利用了很多深入淺出的例子帶領孩子們去嘗試多角度思考，有意識地觀察自己的內心，感受和了解自己的情緒等等……並透過豐富的圖像、影片及活動，將靜觀和學校生活聯繫起來。課程中我見到孩子們非常投入，積極參與其中，說明他們意識中已經種下了小小的種子！

感謝學校的用心安排，老師投入的引導啟發，讓我們的孩子和家長都能夠身心受益！



### 4A 鄺尚熹 家長

在過去的學年，我很高興能夠跟兒子一同參與學校舉辦的「親子靜觀工作坊」。尚熹和我都很喜歡。老師在課堂上的分享生動有趣，令大家學得很投入。在短短五個星期裏，我們學懂了跟自己對話，如何對當下專注的察覺。特別是尚熹明白了怎樣用冷靜的情緒面對重要的事情，正向面對困難。我們都期待下學年能夠有機會再次參與這個工作坊。



## I. Parent-child Interest Class 親子興趣班日（家長教師會合辦）

Feedback from participating parents: 參與家長回饋

### 12C 劉咏恩 家長

十分感謝過去十二年家教會各老師及家長義工安排之活動及課程，猶記得多年來邀請的嘉賓分享，學習到很多子女溝通技巧，明白家是愛的起點；在向日「攜」家長同行計畫中，增潤對女兒的消費及理財管理技巧。農曆年間參與製作豬仔湯圓的工作坊，和女兒一起製作過程中，發現她由以前被照顧的小孩子，蛻變成可煮一碗「可愛」糖水給我吃的大女孩。近日的工作坊，「大女孩」仍肯陪伴我一同製作精美的月球燈，當看到鄰座的小學弟和小學妹，想起家教會和家長學堂帶給我倆在校的美好親子時光，心感幸福。



## 2020-2021 星級家長證書得主

### Primary Division

G1	TONG Yu Shun	唐羽信
G1	CHEN Lianyu Lucas	陳連宇
G1	CHUNG Ngai	鍾毅
G1	CHAN King Yui Jacob	陳璟睿
G1	YEUNG Chun Hei	楊俊禧
G1	KOZIEL Pawel Richard Yuleung	林柏峯
G1	WONG Tik Hin Jasper	黃荻擲
G1	CHUNG Yee Hang	鍾以行
G1	CHENG Sze Yu	鄭嫻宇
G1	MO Yui Man	毛睿敏
G1	CHAN Hin Shun Daniel	陳軒信
G1	TAI Siu Leung	戴肇良
G1	LUK Yan To	陸恩陶
G1	CHEN Pok Yuen Matthew	陳博遠
G2	LEUNG Ching Wai	梁澄慧
G2	KWOK Jane	郭伊楠
G2	WONG Lai Yin James	王豐嶠
G2	SO Pak Ching	蘇柏澄
G2	CHEUNG Tsz Kiu	張子翹
G2	TANG Sherlock	鄧卓昊
G2	LEE Sze Wai	李思慧
G2	TANG Yi Han	唐意涵
G2	ZHANG Sum Yi	張心懿
G2	YIU Cheuk Ying	姚卓瑩
G2	WONG Tik Yin Jadon	黃荻琿
G2	TAM Sum Wing	譚心穎
G2	YEUNG Hoi Yi	楊凱兒
G2	MAI Lei Ho Leo	麥理皓
G2	LI Cheuk Nam	李卓嵐
G2	LO Yan Hay	盧欣浹

G3	WONG Hong Yat	黃匡逸
G3	CHAN Chiu Yu Jyoti	陳昭瑤
G3	TING Oi Wing	丁藹穎
G3	HO Wan Ching	何允程
G3	LU Kai Lok	呂啓樂
G4	TONG Yan	唐欣
G4	LOO Tin Lam Aidan	盧天藍
G4	FONG Pak Chun	方柏竣
G4	YIP Tsz Tao	葉芷陶
G4	GUO Lai Shing	郭禮誠
G5	CHAN Joseph	陳德揚
G5	CHAN Ho Him	陳浩謙
G5	PANG Hei Nin	彭禧年

### Secondary Division

G7	CHENG Ka Nok	鄭家諾
G7	CHEUNG Tsun Kwan	張浚堃
G7	TING Hau Long	丁巧朗
G7	HUNG Nok Ching	洪諾晴
G7	BAI Yekuan	白業寬
G7	XU Weihang	徐偉涵
G7	CHAN Fong Yu Lyriss	陳鈺瑤
G7	SO Zi Seon Lewis	蘇梓淳
G7	CHAN Hillary Hey Yin	陳曦言
G7	DO Wing Tung	杜穎童
G8	HO Hiu Chun	何曉駿
G8	CHEUNG Sui Lun Colin	張萃麟
G8	LAM Linfield	林佳福
G8	WONG Chi Hang Jacob	黃智恒

G8	CHEUNG Tsz Kwan	張梓筠
G9	WONG Ching Nam	黃靖嵐
G9	CHIU Wing Sum	趙穎琛
G9	CHU Ming Him Himsley	褚銘謙
G10	LAI Lok Man	黎洛汶

所有得獎家長將被邀請出席於10月30日舉行之家長教師會周年會員大會暨家長學堂頒獎典禮 2021-2022。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 2021-2022 on 30 October. Please pay attention to the invitation in school notice later.

## 2021-2022 Parent Education Workshop / Forum 2021-2022 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	Oct 2021 – Feb 2022 (3 times)
SS Sunflower Parent Workshops 中學向日葵「攜」家長同行計劃	Feb 2022 – Apr 2022 (Group A /B, 3 times)
PS Parent Forums 小學家長座談會	Whole year (7 times)

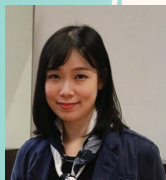
### PEA Middle School Programme 2021-2022 家長教育課程

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!

**Listen Attentively to the Generation of Smartphone Zombies**  
用心傾聽APP世代的低頭族  
(8 Oct 2021 Fri - ZOOM)

Ms. Sandy Cheng 鄭依玲女士



**Open the magic door of positive communication - a letter to my child workshop 2.0**  
打開正向溝通的魔法大門——給我的孩子的一封信工作坊2.0  
(3 Dec 2021 Fri)

- Ms. Cho Siu Yee 曹小怡老師



- Ms. Chan Pui Yau 陳佩柔老師



**How to Talk about Sex and Love with Your Child**  
如何與子女談情說性  
(19 Feb 2022 Sat)

Ms. Grace Lee 李明英女士  
The Family Planning Association of Hong Kong  
香港家庭計劃指導會



**Secondary Division 中學部**

**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，學會獨立的里程碑，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	25/02/2022(Fri) ; 25/03/2022(Fri) ; 29/04/2022(Fri) (3 sessions in total) (共三節)
Time 時間	小組A 7:00 p.m. - 8:30 p.m. 晚上七時至八時三十分 小組B 7:15 p.m. - 8:45 p.m. 晚上七時十五分至八時四十五分
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	小組A 40人, 小組B 40人
Language 語言	Cantonese 廣東話

### Group A Linkup Family Advance Course 小組A 「家庭連線」進深課程:

Parents are also humans who have various psychological needs. How can their psychological needs be satisfied while disciplining their children? In addition, when we understand how the original family affects our treatment of our children, we can raise our children more effectively. To effectively discipline their children, parents also need to appreciate and take care of themselves first. Parents must first deal with their own emotions before they can effectively deal with their children's emotions.

要有效管教子女，家長也需要欣賞及照顧自己。家長首先處理自己情緒，才能有效處理子女的情緒。家長也是人，也有各種心理需要，如何於管教子女的同時也得著滿足？此外，當我們認識原生家庭如何影響自己對待子女，才能更有效教養子女。

Dates 日期	Introduction 簡介	Speaker 講者	Target 對象
25/02/2022 Friday 星期五	<ul style="list-style-type: none"> <li>Everyone knows each other.</li> <li>My expectations of being a parent and my experience of being a parent</li> <li>Understand the impact of your own original family on how you raise your children.</li> <li>各人彼此認識</li> <li>起初想為人父母的期望、今天我作為父母的體驗與諸般感受</li> <li>認識原生家庭對你教養子女的影響</li> </ul>	Breakthrough Counselling Centre and Home-School Liaison teachers 突破輔導中心及家校組老師	Junior and senior grades parents 初中及高中家長
25/03/2022 Friday 星期五	<ul style="list-style-type: none"> <li>Understand the roles that you and your spouse play now and how to cooperate with each other.</li> <li>Know what communication methods were used in your original family so that you could effectively communicate with your children.</li> <li>認識現在你及配偶扮演的角色及可如何配搭</li> <li>認知於原生家庭裡自己及家人採取甚麼溝通方式，以致今天如何可有效與子女溝通</li> </ul>	Breakthrough Counselling Centre and Home-School Liaison teachers 突破輔導中心及家校組老師	Junior and senior grades parents 初中及高中家長
29/04/2022 Friday 星期五	<ul style="list-style-type: none"> <li>How do you deal with emotions? How does your original family affect your handling of your children's emotions?</li> <li>Recognize your unfinished childhood dreams and unprocessed vulnerable emotions in your growth.</li> <li>你是如何處理情緒？原生家庭如何影響你處理子女的情緒？</li> <li>認知你成長中未完的夢與未加處理情緒上的敏感地帶</li> </ul>	Breakthrough Counselling Centre and Home-School Liaison teachers 突破輔導中心及家校組老師	Junior and senior grades parents 初中及高中家長

\*曾經參加「當子女說你好煩」、「當子女機不離手」或2019-2020年度「網上家長小組」基礎課程之家長將獲優先選錄。

## Group A Linkup Family Advance Course 小組B「美滿婚姻與家庭」課程：

According to the study of human physiological structure and emotional needs in neuroscience, everyone is born to have an intimate emotional connection with at least one person. The sense of security in a relationship is the strength and guarantee for us to face adversity. Establishing a secure relationship between husband and wife is the key to creating a happy marriage, allowing the family to become a safe haven and a protection against adversity for both parents and children.

根據腦神經科學對人類生理構造和情感需要的研究，每個人都天生需要與最少一個人有親密的情感連結，關係上的安全感是我們面對逆境的力量和保障。建立富安全感的夫妻關係是締造美滿婚姻的要訣，能讓家庭成為父母及子女的安樂窩及逆境中的保障。

Dates 日期	Introduction 簡介	Speaker 講者	Target 對象
25/02/2022 Friday 星期五	<ul style="list-style-type: none"> <li>The Science of Love: From a scientific perspective to understand the nature of emotions and the importance of establishing intimacy.</li> <li>Practice the communication method of "sympathy and empathy" (attunement) to establish an intimate relationship between husband and wife.</li> <li>愛情科學：從科學角度認識情緒的本質及對建立親密關係的重要</li> <li>練習「同情共感」(attunement)的溝通方法，建立親密夫妻關係</li> </ul>	Innerspace Counseling Service Centre and Home-School Liaison teachers 覺賢教育及輔導 服務 李翠賢姑娘 及家校組老師	Junior and senior grades parents 初中及高中家長
25/03/2022 Friday 星期五	<ul style="list-style-type: none"> <li>Understand the attachment styles formed from childhood experiences and their influence on the relationship between husband - wife and parent-child.</li> <li>Corresponding to different attachment styles, practice to establish a secure husband and wife relationship with a "COAL" attitude.</li> <li>認識自己從童年經驗中形成的依戀風格及其對夫婦、親子關係的影響</li> <li>對應不同依戀風格，練習以" COAL" 態度建立富安全感的夫妻關係</li> </ul>	Innerspace Counseling Service Centre and Home-School Liaison teachers 覺賢教育及輔導 服務 李翠賢姑娘 及家校組老師	Junior and senior grades parents 初中及高中家長
29/04/2022 Friday 星期五	<ul style="list-style-type: none"> <li>Positive conflict handling: understand the emotional reactions and needs behind the conflict, and respond appropriately</li> <li>Practice the COAL attitude to deal with conflicts, which will increase the understanding of each other and enhance the relationship between husband and wife.</li> <li>正向衝突處理：了解衝突背後的情緒反應及需要，並作出適切回應</li> <li>練習以COAL態度處理衝突，從中增加對彼此的了解，增進夫妻感情</li> </ul>	Innerspace Counseling Service Centre and Home-School Liaison teachers 覺賢教育及輔導 服務 李翠賢姑娘 及家校組老師	Junior and senior grades parents 初中及高中家長

**1.1 PS-Parent Forum Series 2021-2022 小學部家長座談會系列2021-2022**

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 2021-2022 小學部家長座談會系列 2021-2022
Dates 日期	16/10;6/11;20/11/2021; 8/1;5/3;2/4;14/5/2022 (Saturdays, 7 sessions in total) (星期六，共七節)
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)
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	Target 對象	Speaker 講者
16/10/2021 Saturday 星期六	Where should children's character development start? 孩子的品德培養該從何入手？	Sharing of character training strategies focusing on lower grades 以低小年級為主的品德培養策略分享	Group discussion and workshop with teachers 與老師進行小組討論及工作坊	G1-2 一至二年級	SD Teachers SD老師

6/11/2021 Saturday 星期六	How can children be both talented and virtuous? 如何才能令孩子「才德兼備」?	Tips for balancing children's learning and character development 兼顧孩子的學習與品格培養的小錦囊	Group discussion and workshop with teachers 與老師進行小組討論及工作坊	G3-4 三至四年級	SD Teachers SD老師
20/11/2021 Saturday 星期六	Excellent character and learning is not a dream 品學兼優不是白日造夢	Sharing of strategies for academic and moral cultivation focusing on senior primary school grades 以高小年級為主的學業及品德培養的策略分享	Group discussion and workshop with teachers 與老師進行小組討論及工作坊	G5-6 五至六年級	SD Teachers SD老師
8/1/2022 Saturday 星期六	Let our students fly - Student-led Conference 讓孩子飛 - 學生主導會議	Tips of helping your child to achieve their goal through the Student Led Conference 如何透過學生主導會議達成學生個人成就	Group discussion and workshop with teachers 與老師進行小組討論及工作坊	G1 & All new students 一年級及所有新學生	Ms. Jackie Chong (Senior Vice Principal) 莊曉莉高級副校長
16/1/2022 Sunday 星期日	Adversity overcoming day camp 逆向親子日營	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
5/3/2022 Saturday 星期六	Let frustration be a steppingstone for children 讓挫折成為孩子的踏腳石	Tips for teaching children to face setbacks positively 引導孩子積極面對挫折的策略及技巧	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
2/4/2022 Saturday 星期六	Growth mindset workshop (I) 孩子的自我管理之道 1	To develop self-emotional learning in children 讓孩子學會自我管理	Case study, videos & discussion 個案分享、影片播放及小組討論	G1-2 一至二年級	Social workers from the Boys' and Girls' Clubs Association of Hong Kong 香港小童群益會 註冊社工

14/5/2022 Saturday 星期六	Growth mindset workshop (II) 孩子的自我管理之道 2	To develop self- emotional learning in children 讓孩子學會自我管理	Group discussion and workshop with teachers 與老師進行小組 討論及工作坊	G3-4 三至四年級	SD Teachers SD老師
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## Other course 其他課程

Topic 講題	The Whole-person Development of Gifted Students 資優生的全人發展 Co-organised with The Hong Kong Academy of Gifted Education 資優教育學院合辦	
Dates 日期	8 April 2022 (Fri)	
Time 時間	7:00 p.m. - 8:30 p.m. 晚上七時至八時三十分	
Speaker 講者	Dr. Richard Lau, Clinical Psychologist, HKAGE 劉繼璋博士 (臨床心理學家)	



Topic 講題	Knowing more about National Security (For Parents) 國家安全知多少之家長篇	
Dates 日期	12 Feb 2022 (Sat)	
Time 時間	9:30 a.m. - 11:00 a.m. 早上九時三十分至十一時	
Speaker 講者	Quality Education Development Centre Limited 素質教育發展中心	

# 2021-2022 Parent Education Conference

## 2021-2022 家長教育研討會

Theme: "Trendy Parents of the 21st Century"

主題: 21世紀爸媽之潮流特務

**Date: 11 December 2021 (Saturday) 2021年12月11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

9:45-10:00

10:00-11:30

### Content 內容

Registration 登記及報到

Theme 主題講座 (1)

如何成為「潮爸潮媽」?

How to be 'Trendy Parents'?

明白子女的網上及社交平台世界

Understand the Social Networking of Your Child



**Speaker: Ms. Bonnie Chiu**

講者: 趙麗如女士

香港浸會大學新聞系專業應用副教授

趙女士在廣播新聞經驗豐富，包括採訪及新聞報導。趙女士曾在香港電台、亞洲電視、有線電視及無線電視任職。

此外，她曾在紐約的聯合國總部的聯合國電台當實習生，以及在香港其中一間頂尖律師行任見習律師。趙女士是獲香港高等法院認可的事務律師。

有關講者專訪短片可瀏覽：



11:30-11:45

Presentation of souvenirs 頒贈紀念品  
Recess and refreshment 小休及茶點

11:45-13:15

Topic 主題講座(2)

子女係Mirror · 我有無Error

**My child is a mirror of myself**



**Speaker: Samson Yeung Ying Wai**

講者：楊英偉先生

男演員，前無線電視藝員，香港電臺第五台節目主持人。

現時為咪嚟劇團主席及製作總監。

## Parent-Child Activities (Whole Year)

### 親子活動 (全年)



#### PTA Activities 家長教師會活動

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。

#### 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)



#### A-Family Sports Games Day 家校同樂競技日

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！

## 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
- Story Teller 故事爸媽
- A-Prayer 祈禱事奉
- Parent Mentor 人生導師
- PTA Volunteers 家教會義工

#### Interest Classes 親子興趣班

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-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

Parent Prayer Group  
家長祈禱小組

Whole Year 全年

DIY natural skin care making class / Apr-May 2022  
Cooking class / Hand-craft class  
DIY天然護膚品班/西式烹飪班/手工藝班/陶藝班等

## 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, etc.

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 2021-2022 (Donated by PTA)

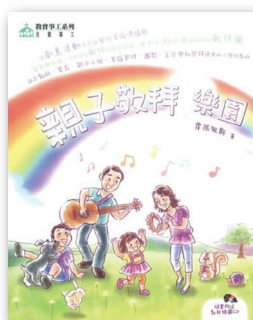
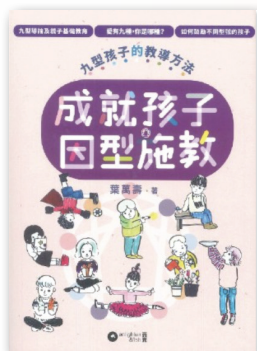
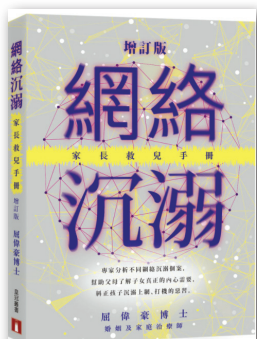
家長學堂——圖書館新增書目 2021-2022 (由 PTA 捐贈)

title 書名	author 作者	classification 分類號	publisher 出版社
我們這一家：30個聖經中家庭的啟示	劉幸枝	244.99 7210	橄欖基金會
正向性格修煉術套裝：堅持下去就能實現夢想	名越康文, 深谷圭助 /譯：杜穎琴	173.761 3719	新雅
正向性格修煉術套裝：別成為被憤怒支配的人	名越康文	173.761 2760	新雅
正向性格修煉術套裝：快把怕麻煩的習慣改掉	名越康文	173.761 2760	新雅
正向性格修煉術套裝：害羞的我也能勇敢說話	名越康文	173.761 2760	新雅
猶太人的親子教育	劉清虔	528.21 0232	浸信會出版社
天天為青春孩子禱告	羅德·蓋奇 (Rodney Gage)	244.3 6064	校園書房
與孩子的情緒對焦：做個平和的父母，教出快樂的小孩	蘿拉·馬克罕 /譯：徐曉珮	528.21 8072	心靈工坊
捨不得你飛	羅乃萱、何凝	528.21 6091	家庭基建
長大了就明白	羅乃萱	528.2 6091	家庭基建
網絡沉溺：家長救兒手冊	屈偉豪博士	544.67 7727	皇冠
SEN急救手冊	Sarah Hui	529.6 0864	釀字工房
SEN急救手冊2：我的孩子與眾不同	Sarah Hui	529.6 0864	釀字工房
6A的力量	約瑟·麥道衛、迪克·戴依/譯：黎穎、王培潔	528.21 8230	宣道出版社
成就孩子，因型施教	葉萬壽	528.21 4490	亮光文化
九型性格與親子關係	陸劍雄	528.21 7421	冬青樹圖書製作公司
讓孩子的愛與夢飛翔	林浣心校長 口述 趙半農、韓江雪 編採	523.3 4499	印象文字
AD/HD孩子和你想的不一樣！：破解家長和老師的迷思	何仲廉、何陳淑敏、何子駿	529.6 2122	印象文字
有教無淚：教飛媽媽伴孩子飛翔48式	羅乃萱	528.21 6091	印象文字
三思而行：日常40個盲動行為案例解說	滔博	173 3217	印象文字
親子敬拜樂園	霍張佩斯	247 1123	基道
因材施教：找到讓你提升能力的解壓方程式	陳偉滔	176.54 7529	印象文字

\*\*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

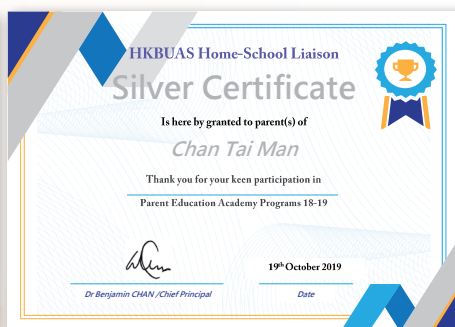
In order to encourage parents to actively participate in the "A-Parent Education Academy" activities, a credit scheme will be established as follows,

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

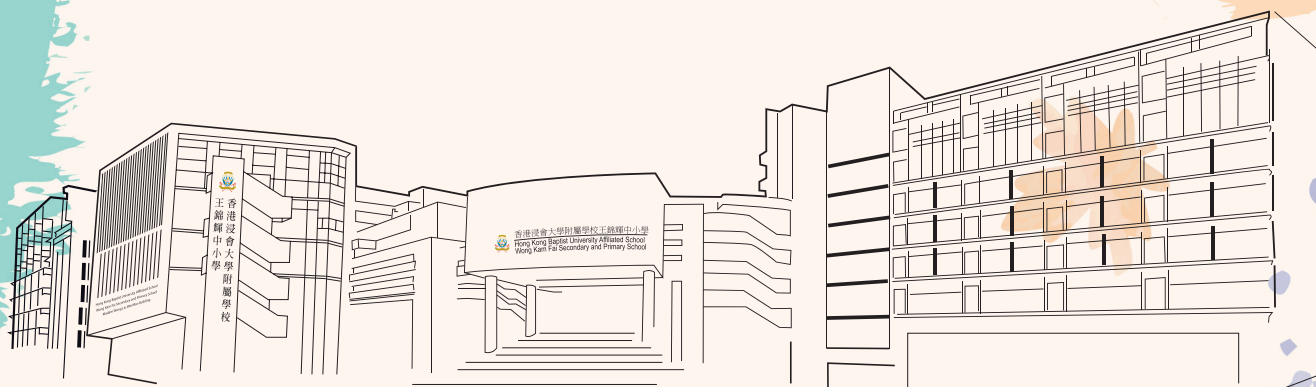


\*The PEA programmes are abundant and meaningful. Please sign the reply slip of the PEA notice issued on 17 SEPT on E-CLASS for registration. 家長學堂課程豐富，意義非凡。如欲報名，請透過E-CLASS 簽署於9月17日發出的家長學堂年度課程報名回條\*

敏求篤信 明辨力行

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





Primary Division

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Secondary Division

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