



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  
2022-2023

"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瑕的世界！」——阮庚梅

## A Vote of Thanks 銘謝



"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents" by Jane D. Hull.

Parents will always be the backbone of both the family and the school. They are a source of endless love and support throughout the life of a child, simultaneously acting as their guides, leading them towards a better future. We recognize that, our children need support in school and at home, therefore a strong partnership with parents will make a significant difference in your child's education. As partners, we share the responsibility for your children's success and want you to know that we will do our very best to carry out our responsibilities together.

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 partners in this school year.

**Ms. Claudia Liu**

Deputy Principal (Head of Secondary Division and International Education)

「一言以概之，家長的積極參與乃子女成功最為關鍵的因素。」—— 簡·迪伊·赫爾

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。我們深深明白，學生要在學業和個人成長上取得成就，必須得到家庭和學校的支持。學校與家庭若能建立牢固的夥伴關係將對您孩子的教育產生重大的影響。作為合作夥伴，我們對培育孩子成才責無旁貸，同時，我們將盡最大的努力共同履行我們的責任。

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，您們是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作夥伴！

**廖詠琪 女士**

首席副校長(中學部暨國際教育部總監)



Being a parent is a lifelong responsibility and at the same time the 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.

**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。很感謝家長對家長學堂活動的支持，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。

**莊曉莉 女士**

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. Therefore, 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 programmes - Annual Parent Education Conference, Middle School Parent Education programme, 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 quality place for nurturing students’ scholastic excellence 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。故此，我一向重視家校合作的重要性，正如聖經所言「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『攜』家長教育課程」、家長義工、親子活動、自學-學習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成為培育學生卓越學習和優良品格培育的搖籃。

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**

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 cum Visual Arts Panel Head

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**

首席學生發展主任兼視覺藝術科主任



The PEA was established four 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 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 and Life Education

家長學堂成立四年，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。同行數載，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**

家校事務及生命教育主任

# A-Parent Education Academy 2022-2023

## 家長學堂 2022-2023

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

The A-Parent Education Academy (PEA) aims to provide various learning opportunities for every A-School parent to equip themselves with parenting skills towards positive communication and to understand child's emotional needs, so as to build 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技巧，了解子女的情感需要，從而促進親子及家庭關係。

### B. Purposes of PEA 家長學堂目標

1. 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. To cultivate children's character and develop their self-management skills  
學習怎樣培養子女的良好品格及自我管理能力的
3. To strengthen the home-school relationship and facilitate the understanding of 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. Programme framework 課程架構





## D. Framework of Parent Education Forums and Workshops 2022-2025

## 家長教育座談會及工作坊課程架構2022-2025

## G1 - G4

Areas	Content/Themes	Type of course	Course Mode
Issues on Children Development, Parenting Strategies and positive communication 子女階段性發展需要、教養方法及正向溝通	<ul style="list-style-type: none"> <li>Children's Character development 子女性格培育</li> <li>Develop talent and soft skills 發掘潛能及軟技能</li> <li>Home-school Co-operation 家校合作</li> <li>Effective use of electronic devices 有效使用電子產品</li> </ul>	Core 必修	Onsite or online 實體或網上
Life and Values Education 生命及價值教育	<ul style="list-style-type: none"> <li>Leader in me (7 habits) 自我領導力——7個好習慣</li> <li>National Security Education 國家安全教育</li> <li>Positive Education 正向教育</li> </ul>		Onsite or online 實體或網上
Parents' Physical and Psychological Well-being 家長身心靈健康發展	<ul style="list-style-type: none"> <li>Self-Care 自我關懷</li> <li>Stress management 壓力管理</li> <li>Healing Arts and Music 藝術及音樂治療</li> <li>Healthy Diet 健康飲食</li> </ul>	Elective 選修	Onsite or online 實體或網上
Parent-child Fellowship 親子聯誼會	<ul style="list-style-type: none"> <li>Parent-child STEAM Club 親子STEAM 俱樂部</li> <li>Film Appreciation Club 親子電影俱樂部</li> </ul>		Onsite or outing 實體或校外

## G5 - G8

Areas	Content/Themes	Type of course	Course Mode
Issues on Children Development, Parenting Strategies and positive communication 子女階段性發展需要、教養方法及正向溝通	<ul style="list-style-type: none"> <li>Peer influence and communication 同儕相處及影響</li> <li>Learning Strategies 學習策略</li> <li>Financial management and planning 財富管理及計劃</li> <li>Effective use of electronic devices 有效使用電子產品</li> <li>Positive communication 正向溝通</li> <li>Sex Education 性教育</li> </ul>	Core 必修	Onsite or online 實體或網上
Life and Values Education 生命及價值教育	<ul style="list-style-type: none"> <li>Leader in me (7 habits)-G 5,6 自我領導力——7個好習慣</li> <li>Knowing the Death and treasure Life 生死教育</li> <li>Life Planning 生涯規劃</li> <li>Me and the Earth 地球與我</li> <li>National Security Education 國家安全教育</li> </ul>		Onsite or online or outing 實體或網上 或校外
Parents' Physical and Psychological Well-being 家長身心靈健康發展	<ul style="list-style-type: none"> <li>Emotional intelligence and emotional regulation skills 情商及情緒調節技巧</li> <li>Work-family-life balance 家庭與工作生活平衡</li> <li>Mindfulness Experience 靜觀體驗</li> <li>Healing Arts and Music 藝術及音樂治療</li> </ul>	Elective 選修	Online 網上
Parent-child Fellowship 親子聯誼會	<ul style="list-style-type: none"> <li>Parent-child Sports Club 親子運動俱樂部</li> <li>Film Appreciation Club 親子電影俱樂部</li> </ul>		Onsite or outing 實體或校外

## G9 - G12

Areas	Content/Themes	Type of course	Course Mode
Issues on Children Development, Parenting Strategies and positive communication 子女階段性發展需要、教養方法及正向溝通	<ul style="list-style-type: none"> <li>Life planning and further studies 生涯及升學規劃</li> <li>Stress Management 壓力管理</li> <li>Time Management 時間管理</li> <li>Positive Family conversation 正面家庭對話</li> </ul>	Core 必修	Onsite 實體
Life and Values Education 生命及價值教育	<ul style="list-style-type: none"> <li>Caring of children's emotional needs 關懷子女情緒需要</li> <li>Stories from Families 家庭故事</li> <li>National Security Education 國家安全教育</li> </ul>		Onsite or outing 實體或校外
Parents' Physical and Psychological Well-being 家長身心靈健康發展	<ul style="list-style-type: none"> <li>Family Well-being index 家庭幸福指數</li> <li>Physical and Psychological exuberant vitality 身心活力</li> <li>Mindfulness Experience 靜觀體驗</li> <li>Healing Arts and Music 藝術及音樂治療</li> </ul>	Elective 選修	Online 網上
Parent-child Fellowship 親子聯誼會	<ul style="list-style-type: none"> <li>Parent-child Sports Club 親子運動俱樂部</li> <li>Life Coach 生涯導師</li> </ul>		Onsite or outing 實體或校外

# 2021-2022 Course Review

## 2021-2022 課程回顧

### A. Middle School Parent Education programmes

#### Session 1 第一節

Listen Attentively to the Generation of Smartphone Zombies 用心傾聽APP世代的低頭族 (8/10/2021)

Ms. Sandy Cheng 鄭依玲女士

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

- 活動能讓我瞭解青少年的網路文化
- 活動能讓我認識培養子女建立健康使用電子產品的方法
- 講者講解清晰

#### Session 2 第二節

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 (3/12/2021)

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

- Firstly, thanks very much for arranging this session for all parents. When my daughter was promoted to G7 this year, I did notice that we had become a bit more distant for different kinds of reasons. She is facing several difficulties in Secondary Division. The introduction of how to write her a letter encourages us to share and give her support through words. To be honest, she does not listen to me most of the time when I talk to her, but with a letter in hand, I hope she can feel how much I care about her from the bottom of my heart. I really appreciated all of the school's efforts.
- 我覺得這次的工作坊很精彩，很實用。女兒開始步入青春期，作為父母，深明需要與她建立良好的關係，但從來沒想過可以以書信去表達自己的愛和感受。經過這次工作坊，聽到曹老師和陳老師的分享，真的很感動，我自己腦海除了回想小朋友小時候的點滴，也想到自己青春期和父母親的關係……在工作坊上學到的，除了可以應用於子女的關係中，也可以應用在夫妻的關係中。感謝老師們，放學後，仍為我們籌辦工作坊，讓我們好好學習。是次的家長工作坊，聽完令我很深的感受，兩位老師的說話令我動容，更流下不少眼淚，亦令我反思：我對孩子的愛及付出，到底是不是孩子想要的。感謝學校的安排，感謝兩位老師的預備，讓我和其他家長上了寶貴的一課，我希望我能學會向孩子傳遞愛時，讓孩子看到我的風景及感受。

#### Session 3 第三節

How to Talk about Sex and Love with Your Child 如何與子女談情說性 (19/2/2022)

Ms. Grace Lee 李明英女士

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

- 聽完講座後明白可以和子女持開放的態度談性，感覺輕鬆了很多。以往一直被灌輸了這些話題都是禁忌，然而現在網絡資訊確實十分泛濫，我也十分擔心對孩子有不良的影響。聽到李姑娘可以從正面的角度切入，例如從韓劇分析角色中的「不是」，又例如在報章報導中瞭解個人行為的對錯，從而潛移默化去將我們的價值觀灌輸給孩子，讓我有這麼好的一個途徑，我真的獲益良多。孩子現在已到了對性好奇、想拍拖的階段（現在的孩子真早熟呢！）希望我可以與他能繼續保持溝通，一起成長！
- Thank you for hosting this seminar. My wife and I both feel that the biggest challenge for us is our attitude when discussing matters of sex with our children, in particular breaking the taboo and getting over our reluctance to talk about it, so the subject is normalized. Today's sharing helped us question our own attitudes more than before. Thank you again.





## B. Parent Education Conference 家長教育研討會 (11/12/2021)

Theme: Trendy Parents of 21st Century

主題：21世紀爸媽之潮流特務

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

- 感謝趙麗如女士分享的「我要做潮媽潮爸」。誠然，現如今的小朋友面對的時代已經不是我們面對的老皇曆了，我們要跟隨時代更新自己的觀念，盡量讓自己與子女的關係不隨著子女的長大而斷開，因為精神的鏈接是可以跨越年齡代溝的！另外很受觸動的一點就是老師所講：痛苦會過去，快樂也留不住，所以我們要活在當下，珍惜眼前此刻的所有！
- 家長教育研討會2021的課題能夠道出這一代子女的特性及可能的處理方法。當中趙女士所分享的「e世代與z世代的差異」，以及利用活生生的例子如何導入導出與他們溝通相處技巧，實在發人深省。而楊英偉先生則以互動形式，令人更能直接感受到如何運用 1.同行者伴學模式；2.放慢，攤凍先解決；3.感受力；4.做爸爸要健身，身體力行，做好榜樣；5.道德力，永不說是非，但應把是非作為大家討論的題目，讓事件變成正向學習的機會。以上五點的處理子女關係的技巧，令我們家長獲益良多。
- This is a valuable and informative seminar. Both hosts' presentations are super helpful and interesting. The seminar changes my perspectives when I communicate with my kids. I have learned how to monitor my kids' usage of social media, especially the internet. I will start to talk with my kids more patiently instead of either yelling or commanding. Relationships, love and personality development are more important than academic achievement aspects. We will share our feelings and emotions openly. I will treat my kids as my best friends besides just the

## C. Parent Volunteers 家長義工

### 11B余浚灝家長

有幸成為中學部佈置組的家長義工，讓我認識了一班充滿熱誠、盡心盡力的家長。我很享受佈置組的工作，家長們有商有量，互相幫忙，互相提點，大家同心合力，讓學校的員工、老師們、同學們感受到佳節的歡樂。雖然這學年只能做聖誕節和農曆新年的佈置，但我仍很珍惜與家長義工共聚的時間。期望疫情漸漸穩定，大家重過正常的生活。



### 6A馮暄家長

小朋友在A-School渡過六年時間，身為義工媽媽，有試過講故事、組織活動等。我絕對感受到A-school家長和老師為了小朋友而付出的心血和時間。學校一有需要幫忙，就一呼百應。義工家長們目標明確，不只是為了有機會多見自己小朋友一面（因為多了機會留在學校幫忙），而是不求回報地照顧所有不同級別、班別的小朋友。不得不提的是學校提供很高透明度給家長，達成家校合作，成為互相信賴的伙伴，這是非常不易。感謝所有為A-School付出的每一位。



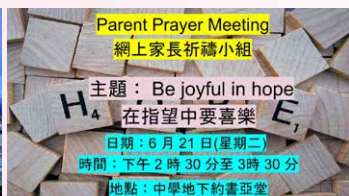
### 4E方梓柔家長

很高興可以以家長義工身份，一同帶領G4的同學們參觀科學館「彼思動畫的科學秘密」，讓學生們從他們最熟悉，最喜愛的動畫系列去認識STEAM是最好不過了！出發前，除了同學們很期待這個活動外，我這個「大朋友」也很期待呢！這個展覽讓我們從嶄新的角度，深入認識動畫電影如何融合科學、技術、工程、美術和STEAM概念，創造出各種生動的角色和逼真的場面。原來每一個製作過程的步驟中也包含STEAM的元素，同學們也很雀躍地到每個區域，體驗在製作流程中的不同崗位：變身做動畫師，用虛擬的骨骼使角色擺出不同姿勢；成為燈光師，嘗試為《海底奇兵》的多莉調出各種燈光效果等等。期待學校日後繼續有更多不同類型的參觀活動，讓同學們在生活中認識不同的教學主題呢！





## D. Parent Prayer Meeting 家長祈禱小組



**崇拜**  
逢星期六  
下午2:30  
地點：約書亞堂

**兒童崇拜**  
逢星期六  
下午2:15  
地點：A102, A103室  
\*\*\*設幼稚園, 小學級

預先報名參與

歡迎一同前來敬拜  
主耶穌基督

**A - School**

**第一城浸信會 (石門)**

聯絡我們

**團契**  
逢星期六  
下午4:15-6:00  
地點：約書亞堂

**兒童團契**  
逢星期六  
下午4:15-6:00  
地點：A102, A103室  
\*\*\*設幼稚園, 小學級

光主 (石門)

### Feedback from participating parent 參與家長回饋



#### 4C洪心柔家長

大家好！我是一位已受浸的基督徒。心柔是四年級的插班生，下學期剛剛轉來A-School，可惜在疫情下，心柔只上了一星期面授課便轉為上網課，因此她還未能好好感受校園生活，幸好學校安排了完善的網課和很多家長講座，讓我們感受到學校的關懷，最感恩的是能夠參加學校的家長祈禱小組。透過zoom視像會議，我們在家中也能夠認識其他家長和老師。我們一起禱告、唱詩歌、事奉神，神帶領我們對抗疫情，讓我們不再感到孤單。還記得那次我們為世界禱告，願世界得着真和平、真平安；為確診者禱告，求主醫治他們；為醫護人員禱告，求主保護他們免受感染。感恩我能一起參與禱告，感謝主！

## E. SS Sunflower Parent Workshops 中學「向日葵」家長同行工作坊

Theme 主題：家庭連線

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

#### 7D陳育培家長

課題深入淺出，工作坊讓我聽到不同家長的分享和實際經驗，讓我從其他家長身上學習更親子溝通的方法，實在難得！

#### 7E李曉晴家長

很慶幸能夠參加工作坊，除了可以學習有效的溝通技巧外，還可與其他家長分享子女相處的心得，我可以藉此機會反思自己與親人的相處之道，讓我更認識自己和家人，改善自己的缺點，從而改善與家人的關係，真是獲益良多。

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！





## F. Self-learning Sharing 自學分享

### Book Sharing 好書分享



3B黃荻琿家長

書名：《玩出親子情》

出版社：新雅文化事業有限公司

作者：蔡惠雲

在忙碌的生活中，大家能用一些簡單的小遊戲，去打造一個溫馨愉快的親子時間。從各種親子遊戲中，建立彼此親密關係，令孩子能在過程中建立良好品格和自我價值觀。大家不妨參考一下，書中有甚麼好遊戲適合你和孩子吧！



2A潘子弘家長

書名：《了不起的硬核媽媽》

出版社：寶瓶文化事業有限公司

作者：格十三

很多教養書看了會有強烈的挫敗和罪惡感。看越多教養專家寫的文章，我越覺得自己是不合格的媽媽。但是看格十三的書就不一樣了！因為作者以幽默筆調描述媽媽的困惑、焦慮、煩惱與癡狂，寫出深沉的母愛。笑中帶淚的故事讓每一位讀者發出會心一笑後，有更多的勇氣，堅定走下去。媽媽的喜怒哀樂都在這些文字中得以凝集與化解，讓每一個了不起的媽媽都從中找到自己的影子，產生共鳴，感動於「我不是一個人在戰鬥」。



## G. A-Family Sports Experience Day 家校競技同樂日 (26/6/2022)

### Feedback from participating parent 參與家長回饋



4D郭易為、10C郭忻澍家長

感謝學校在疫情籠罩的日子仍為我們舉辦「家校競技同樂日」。為為近期迷上了一套以排球為主題的日本漫畫，日夜想像自己落場打排球的情境，亦經常上網觀看排球比賽，所以當知道同樂日有排球項目，馬上報名。同樂日當天為為很興奮，因為是他真正第一次落場感受，並且練習他最喜歡的殺球，我亦很開心可以陪伴他一同練習，雖然最後未能把球殺過網，但對為為來說已擁有很大的滿足感，令他體驗到玩排球的樂趣，如果再有同樣的親子活動機會，我們一定會再參加！



3A楊凱兒家長

家校同樂競技體驗日由簡單而貼合主題的二人三足開啓序幕，參加的隊伍及在場的家長們也十分投入，氣氛熱烈。今年我們參加了單車訓練工作坊及互動跳繩體驗。

單車訓練是踏成人單車模擬在路上前進，同學們都很興奮，踏到汗流浹背也不輕易放棄。我們更是第二年參加互動跳繩體驗，學生要用跳繩機先在指定時間內跳繩及紀錄次數，接着輪到家長，最後是二人互動跳繩。互動跳繩可以訓練家長與子女之間的默契。記得去年我們互動跳繩的次數是少得可憐。今年我們有所突破！當女兒看見我也盡力去挑戰，起了正面的鼓舞作用。我的女兒更為我而感到驕傲！





## H. Parent-child Interest Class 親子工作坊

日期：2022年4月23日(網上) / 2022年6月11日(實體)

Date：23/4/2022 (Online) / 11/6/2022 (Onsite)

• Laughter Yoga Workshop  
親子大笑瑜加工作坊

• Pouring Painting Clock  
流體鐘

• Pouring Painting  
流體畫

• Terrazzo Plate  
水磨石小托碟

• Robotics Bouncing Robot  
彈跳機器人

• Tea Light Holder 3D Design Coding  
Workshop  
3D燭臺設計工作坊

• Parent-Child Workshop: Chinese Dance  
Together  
親子舞蹈「同樂日」

• Bubble Bath Bomb Workshop  
泡泡浴球工作坊

• Mosquito Repellent Workshop  
驅蚊手作品工作坊

• Alcohol Ink Phone Case Workshop  
酒精墨水DIY手機殼工作坊

• Shake Shake Calming Bottle Workshop  
自製人名搖搖杯



### Feedback from participating parents and students 家長與學生回饋

#### 2E林奕希家長

我的女兒也是中國舞的隊員之一。今次親子工作坊令我和Kayley有機會一起跳舞，體會中國舞的樂趣，也令我更加了解女兒平常在中國舞班中的狀況，使我更加明白為什麼女兒會這麼熱愛中國舞。作為家長，我十分珍視這次機會，因為這帶給我另一個角度去了解女兒，也令我們父女之間更加信任對方。

#### 6B Chan Ho Him

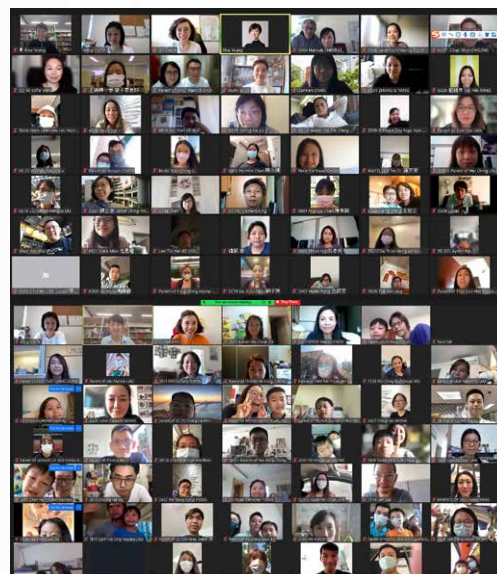
It's has a lot of preparation and includes good teaching methods and guidance. There's a lot of excitement and I was very enthused. There's a lot of content and I had a memorable chance to do a piece of artwork with my parents in the form of a wonderful phone case. All in all, very good.



## I. Primary Parent Forum 小學家長座談會

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

- 明白到小朋友發脾氣或扭計，要先體諒他們都會有情緒，而非即時責怪他們
- 重新認識子女面對壓力時的表現及需要，一改以往的觀念和應對
- 重溫16個重點性格培養，家長可不斷自我提醒；包容和忍耐孩子在成長中暫時未能即時完成的狀態，家長予以鼓勵和不斷讚美
- 伴隨著孩子的成長，家長也應該不斷學習成長！學會多鼓勵孩子，增強孩子的自信心和責任感
- 提醒我在管教上遇到frustration時，要停下來，了解一下孩子為甚麼做不到，有時候自己的情緒會因為孩子的反應而爆發，令管教難上加難，親子關係亦變差
- 學會作為父母，需要不時反思，以理解、接納及明白孩子的世界，才可輔助及「等候」他們約成長！不容易，努力中！
- Understand there are various ways to foster the child's development
- Remind me and teach me how to deal with my kids, to be patient and show appreciation, and not make assumptions about their intentions





## J. Knowing more about National Security (For Parents) 國家安全知多少(家長篇)

1. The origin of the national security law: historical background, overview  
國安法的緣起：歷史背景、概況
2. The relationship, similarities and differences between the National Security Law and the Hong Kong National Security Law  
國安法與香港國安法的關係和異同
3. Our relationship with the National Security Law  
如何理解我們和國安法的關係



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

- 讓我對國家安全有了更深入的認識
- 全面、深刻地了解國安法對香港的重要性，讓家長能更容易與子女展開關於國安法內容的探討
- 講座指出了現今國民教育和中國歷史認知的不足，一針見血
- 希望能夠多舉辦這類講座，為家長提供更多資訊教育子女
- 很有意義，讓我們明白了國家對內管理十四億人，對外面臨複雜的國際大環境，管治真的不容易



## K. Gifted Education Parent Seminars 資優家長教育講座

Whole-person development of Gifted Students 資優生的全人發展 8/4/2022



Annual Hotung Lecture cum Biennial Parent Conference 2022 何東資優教育講座暨雙年家長會議 18/6/2022



# 2021-2022 家長學堂星級證書得主

## Primary Division

### Super Star Certificate Awardee

G6	CHAN Ho Him	陳浩謙
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### Star Certificate Awardees

G1	CHENG Pak Yin	鄭柏延
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G1	CHUI Chung Him	徐頌謙
----	----------------	-----

G1	LAI Pak Kiu	黎柏岐
----	-------------	-----

G1	LAU Ho Yeung	劉皓揚
----	--------------	-----

G1	LAW Ka Chun	羅嘉駿
----	-------------	-----

G1	YAN Wun Tin	嚴煥典
----	-------------	-----

G1	LAU Cheuk Wing	劉卓穎
----	----------------	-----

G1	TAM Nga Ki	譚雅琪
----	------------	-----

G1	CHAIR Yui Yui Calista	車納銳
----	-----------------------	-----

G1	HO Yuet Yee Corrine	何悅儀
----	---------------------	-----

G1	LEE Nok Hang Lucas	李諾恆
----	--------------------	-----

G1	TSUI Hong Yiu	徐康堯
----	---------------	-----

G1	CHAN Wan Hin	陳運軒
----	--------------	-----

G1	CHAN Hayley	陳曦澄
----	-------------	-----

G1	CHENG Pak Shun	鄭柏淳
----	----------------	-----

G1	HO Nga Man	何雅文
----	------------	-----

G1	HO Yui Chit	何睿哲
----	-------------	-----

G1	LO Kwan Yiu	羅鈞耀
----	-------------	-----

G1	TSE Him Yau	謝謙佑
----	-------------	-----

G2	CHAN Hin Shun Daniel	陳軒信
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G2	CHOW Wing Ching Kady	鄒詠晴
----	----------------------	-----

G2	POON Tsz Wang Cyrus	潘子弘
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G2	CHAN King Yui Jacob	陳璟睿
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G2	LIU Sze Wing	廖思穎
----	--------------	-----

G2	NG Sik Wo Kenson	伍式和
----	------------------	-----

G2	PANG Hailey	彭熙茹
----	-------------	-----

G2	SIT Michael	薛皓銘
----	-------------	-----

G2	LEUNG Hei Tung	梁浣彤
----	----------------	-----

G2	NG Sin Ting	吳善庭
----	-------------	-----

G2	YU Gaa Kiu	余嘉蕎
----	------------	-----

G2	CHAN Sheung Hang Alwin	陳上衡
----	------------------------	-----

G2	CHEN Lianyu Lucas	陳連宇
----	-------------------	-----

G2	CHEN Pok Yuen Matthew	陳博遠
----	-----------------------	-----

G2	LAI Tsz Tung	黎梓瞳
----	--------------	-----

G2	WONG Tik Hin Jasper	黃荻擲
----	---------------------	-----

G2	WU Cheuk Yin Adrian	胡卓賢
----	---------------------	-----

G2	CHUNG Karsten	鍾卓希
----	---------------	-----

G2	CHUNG Ngai	鍾毅
----	------------	----

G2	LAM Yan Min	林恩冕
----	-------------	-----

G2	LAM Yik Hay	林奕希
----	-------------	-----

G2	LEUNG Chit Yu	梁喆儒
----	---------------	-----

G2	LEUNG Yuet Long	梁聿朗
----	-----------------	-----

G2	TSOI Elliot Oheil	蔡傲浠
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G3	GE Simo	葛思墨
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G3	HUNG Choi	洪才
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G3	LEE Sze Wai	李思慧
----	-------------	-----

G3	LEUNG Ching Wai	梁澄慧
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G3	TSE King Chi	謝敬知
----	--------------	-----

G3	WONG Hang Chun Alvin	黃行浚
----	----------------------	-----

G3	YEUNG Hoi Yi	楊凱兒
----	--------------	-----

G3	LAM Hoi Tung	林凱彤
----	--------------	-----

G3	LI Cheuk Nam	李卓嵐
----	--------------	-----

G3	MAI Lei Ho Leo	麥理皓
----	----------------	-----

G3	TAM Sum Wing	譚心穎
----	--------------	-----

G3	WONG Lai Yin James	王豐嶸
----	--------------------	-----

G3	CHAN Hei Yu	陳晞瑜
----	-------------	-----

G3	TO Wing Yan	杜穎欣
----	-------------	-----

G3	CHEUNG Hoi Leong Timothy	張凱量
----	--------------------------	-----

G3	KWOK Jane	郭伊楠
----	-----------	-----

G3	WONG Ho Yi	黃浩儀
----	------------	-----

G3	YIK Hei Long Phoebus	易曦朗
----	----------------------	-----

G3	YUEN Lok Hin	袁樂軒
----	--------------	-----

G3	SO Pak Ching	蘇柏澄
----	--------------	-----

G3	TANG Sherlock	鄧卓昊
----	---------------	-----

G3	WONG Pui Hei	黃培熙
----	--------------	-----

G3	YE Yu Wai	叶如慧
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## Secondary Division

### Super Star Certificate Awardee

7C	XU Brian	徐浩寧
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### Star Certificate Awardees

7A	CHAMBRIN Elwin Philippe	尚浩賢
7A	IP Wai Yiu	葉蔚瑤
7B	CHEUNG Cheuk Lam	張卓藍
7B	KWAN Tsz Kiu	關芷蕎
7C	LAU Sze Pui	劉施霈
7C	TSANG Chun Hin Moses	曾雋軒
7D	LO Chung Tin	盧頌天
7D	CHAN Yuk Pui	陳育培
7E	LI Hiu Ching	李曉晴
8B	LIU Annie	劉羽真
8B	LEE Yuk Nok	李毓諾
8D	ZHANG Lixing	張力行
8D	CHAN Fong Yu Lyriss	陳鈺瑤
8D	SO Zi Seon Lewis	蘇梓淳
8E	DO Wing Tung	杜穎童
9A	TSUI Ho Yin Matthew	徐灝然
9A	HUANG Yueming Helen	黃悅銘
9C	LAM Linfield	林佳福
9C	HUANG Pok Man	黃博文
9C	LEE Juen Wah Jeffrey	李韻鏘
9E	CHU Yin Wai	朱彥瑋
11D	LAI Lok Man	黎洛汶
11D	SO Chuk Toon Natalie	蘇芍潼

G4	CHAU Chun Yeung	周浚楊
G4	HO Wan Ching	何允程
G4	LAM Huen Kit	林煊傑
G4	LAU Tsz Yan	劉芷昕
G4	LI Chi Ting	李熾亭
G4	LUI Tsz Ching	呂梓晴
G4	WANG Yeuk On	王若安
G4	YUE Hei Shun	余熹淳
G4	CHEUNG Yu Lun Markus	張瑜麟
G4	LU Kai Lok	呂啓樂
G4	WONG Hong Yat	黃匡逸
G4	HUNG Katrina	洪心柔
G4	WONG Kei To	黃紀陶
G5	KWOK Lok Ming	郭諾銘
G5	LAM Hei Yeung	藍希揚
G5	TSE Damon	謝旻臻
G5	GUO Lai Shing	郭禮誠
G5	SIU Tsun Hang Adrian	蕭峻行
G5	TONG Yan	唐欣
G5	TSE Ka Long	謝家朗
G5	CHEN Yu Yan	陳羽茵
G5	WONG Hanna Ying Ching	黃映晴
G5	CHOI Harold	蔡君禧
G5	TANG Sophia	鄧卓奇
G5	TSE Pak Yin	謝栢賢
G5	WAH Hei Man	華希敏
G5	YAN Chit Hei	甄哲希
G5	CHAN Chung Hei	陳頌羲
G5	NG Ayden	吳臻曜
G6	FOK Tsz lu	霍梓嬌
G6	KWOK Hiu Ching	郭曉晴
G6	MAK On Tin Dawn	麥安田
G6	PANG Hei Nin	彭禧年
G6	ZHANG Li Yang	張力陽
G6	YAU Kai Kit Moody	丘佳劼
G6	LAM Pui Kin	林沛鍵

# 2022-2023 Parent Education Workshop / Forum

## 2022-2023 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/Forums	Date
Middle School Parent Education Programme	Oct 2022 – Dec 2022
SS Sunflower Parent Workshops 中學向日葵「攜」家長同行計劃	Mar 2023 – Apr 2023
PS Parent Forums (Junior School) 小學家長座談會 (初小)	Whole year
Other Parent Seminars (Whole-school) 其他家長講座/工作坊 (全校)	Whole year

### PEA Middle School Programme 2022-2023 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

##### Mindfulness Experiences

靜觀親職體驗

14 Oct 2022 19:00-20:30

Elective 選修 Onsite 實體



Dr. Koo, Connie 古緯詩博士

#### 第二節 Session 2

##### Positive Communication of Couples in the view of Enneagram

正向夫婦溝通有道——從九型人格看夫婦關係

18 Nov 2022 19:00-20:30

Core 必修 Online 網上



Ms. Charlotte Lee 李翠賢姑娘

#### 第三節 Session 3

##### Open the Magic Door of Positive Communication - A Letter to My Child Workshop 3.0

打開正向溝通的魔法大門給我的孩子的一封信工作坊 3.0

15 Dec 2022 19:00-20:30

Elective 選修 Online 網上



Ms. Cho Siu Yee 曹小怡老師



Ms. Chan Pui Yau 陳佩柔老師

## Secondary Division 中學部

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

In order to build 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 parent-child communication, dating issues, and doubts about selecting subjects of the 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	17/2/2023; 3/3/2023; 31/3/2023; 12/05/2023 (4 sessions in total) (共四節)
Time 時間	7:00 - 8:30 p.m. 晚上七時至八時三十分
Venue 地點	SS G/F Joshua Hall 約書亞堂/ Performing Arts Theatre 表演藝術中心
Target 對象	Parents of Secondary Division students 中學生家長
Quota 名額	80
Language 語言	Cantonese 廣東話

Dates 日期 Time 時間	Type of course & Course Mode	Introduction 簡介	Speaker 講者
17/2/2023 18:00-20:15	Core 必修 Onsite 實體	Further Study Parent Seminar cum Subject Selection Seminar 升學輔導家長講座暨選科晚會	The Hong Kong Federation of Youth Groups & Further Study Team 香港青年協會及升學輔導組
3/3/2023 19:00-20:30	Elective 選修 Online 網上	Financial Management and Planning 家長財務策劃工作坊	Mandatory Provident Fund Schemes Authority 積金局
31/3/2023 19:00-20:30	Core 必修 Onsite 實體	Life Education in Family by Healing Arts 生命藝術工作坊	Healing Arts & Mr. Law Sing Kai Akai 羅醒楷老師
12/5/2023 19:00-20:30	Elective 選修 Online 網上	How to Help Your Child to Cope with Study Pressure 『齊來鬆一鬆』之如何協助子女面對學習壓力	Mr. Tommy Chan 陳志耀先生 Edit Workshop



## PS-Parent Forum Series 2022-2023 小學部家長座談會系列2022-2023



To establish a platform for parent education in order to facilitate 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 positive parent-child relationships 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	<b>PS-Parent Forum Series 2022-2023</b> <b>小學部家長座談會系列 2022-2023</b>
Dates 日期	22/9; 30/9; 8/10; 5/11; 25/11/2022 14/1; 22/1; 24/2; 3/3; 28/4/2023 Fridays & Saturdays (9 sessions in total) 星期五 及 星期六 (共九節)
Time 時間	Fridays 星期五: 7:00- 8:00 p.m. / 7:00 - 8:30 p.m. 晚上七時至八時/晚上七時至八時半 Saturdays 星期六: 10:00 - 11:30 a.m. 早上十時至十一時三十分
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 Parent Forums 家長座談會詳情

Dates 日期 Time 時間	Type of course & Course Mode	Content 內容	Speaker 講者
22/9(四) 19:00-20:00	Core 必修 Online 網上	Protecting Your Child from Internet Addiction 不再迷網——如何避免子女沉迷上網	Centre for Restoration of Human Relationships 復和綜合服務中心
30/9(五) 19:00-20:30	Core 必修 Online 網上	Protecting Your Child from Cyberbullying 如何避免及協助孩子面對網絡欺凌	Centre for Restoration of Human Relationships 復和綜合服務中心
8/10(六) 10:00-11:30	Core 必修 Online 網上	Leader in Me - 7 Habits 自我領導力- 高效能人士的七個習慣	Hong Kong Academy of Leadership

25/11(五) 19:00-20:30	Core 必修 Online 網上	Positive Education 正向教育	The Boys' & Girls' Clubs Association of Hong Kong 香港小童群益會
14/1(六) 10:30-12:00	Core 必修 Online 網上	Let Our Students Fly - Student-led Conference 讓孩子飛・學生主導會議	Miss Jackie Chong (Senior Vice Principal) 莊曉莉高級副校長
22/1(日) 8:45-16:30	Elective 選修 Online 網上	Parent-Child Adversity Overcoming Day Camp (G1) 逆向親子日營 (一年級)	The Boys' & Girls' Clubs Association of Hong Kong 香港小童群益會
24/2(五) 19:00-20:30	Elective 選修 Online 網上	Healthy Diet 健康飲食	Dr.Kris Yu 余佩德醫生
3/3(五) 19:00-20:30	Elective 選修 Online 網上	Financial Management and Planning 家長財務策劃工作坊 (與中學部合辦)	Mandatory Provident Fund Schemes Authority 積金局

### Other Whole-school course 其他全校性課程

Topic 講題	從港版的中國國情教育到個人的國際視野和愛國情懷
Dates 日期	5/11/2022 (Sat)
Time 時間	15:00-16:30
Speaker 講者	楊耀邦教授 巴黎大學經濟學博士(發展經濟學和政經制度比較學)、前香港能仁書院大專部 院長
Type of course & Course Mode	Core 必修 Online 網上

Topic 講題	Parent Talk of Psychological Well-being 精神健康教育講座
Dates 日期	28/4/2023 (Fri)
Time 時間	19:00-20:30
Speaker 講者	The Samaritan Befrienders Hong Kong 香港撒瑪利亞防止自殺會
Type of course & Course Mode	Elective 選修 Online 網上

# 2022-2023 Parent Education Conference

## 2022-2023 家長教育研討會

Theme: "Life Education in Family"  
主題：讓生命在家庭流動

### 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)

**Date: 7 January 2023 (Saturday) 2023年1月7日(星期六)**

### Time 時間

### Content 內容

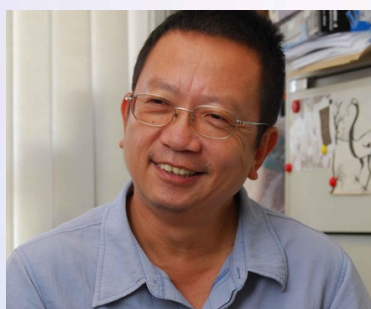
9:00-9:15

Registration 登記及報到

9:15-10:45

Theme 主題講座(1)

**讓生命在家庭流動**



講者：陳廷三博士

香港家長教育學會榮譽顧問，曾任香港中文大學家長教育碩士課程協同總監、香港中文大學香港教育研究所專業顧問（專責家長教育、學生輔導及學校訓育課程）

10:45-11:00

Presentation of souvenirs 頒贈紀念品

Recess and refreshment 小休及茶點

11:00-12:30

Topic 主題講座(2)

**陪你捕風追夢**



講者：森美

著名電台節目主持

香港商業電台DJ，曾為不同機構分享家長教育講座。



## 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
- Sports Recess Helper 運動小息義工
- A-Prayer 祈禱事奉
- Parent Mentor 人生導師
- PTA Volunteers 家教會義工
- Life Coach 人生導師

#### Parent-Child Fellowship Clubs **NEW!** 親子俱樂部

The Clubs can establish a stronger bond with your family, relieve stress, and promote physical and mental health.

輕鬆有趣的親子俱樂部能鞏固家庭關係，亦有助減壓，促進身心健康。

- Parent-child STEAM Club
- Parent-child Sports Clubs
- Parent-child Film Appreciation Clubs

Whole Year 全年

(All parents are welcome 歡迎各級家長參與)



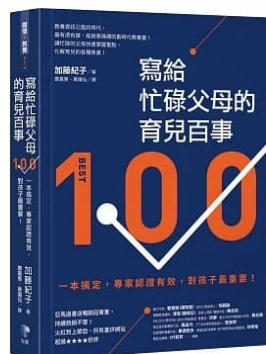
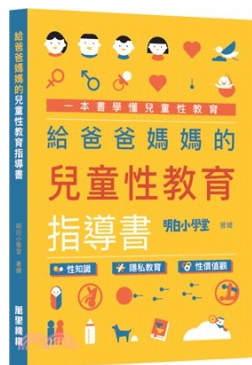
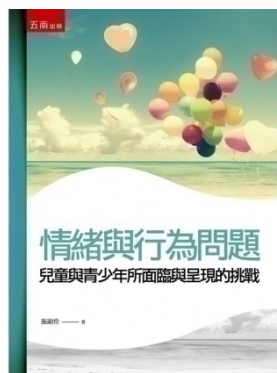
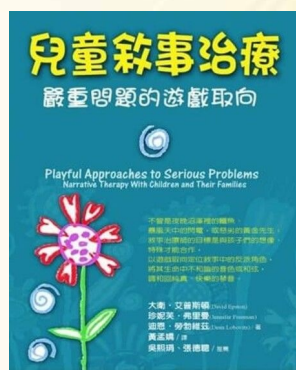
# PEA - New library Booklist 2022-2023 (Donated by PTA)

家長學堂——圖書館新增書目 2022-2023 (由 PTA 捐贈)

Title 書名	Author 作者	Classification 分類號	Publisher 出版社
青少年藝術治療	Bruce L. Moon	418.986 8008	心理出版社
父親這種病 (長銷經典版)	岡田尊司	544.141 1123	時報文化
一起陪孩子找幸福: 給專業助人者的系統合作完全手冊	趙文滔/ 謝政廷/ 謝曜任/ 梁淑娟/ 林淑卿/ 吳柄緯/ 呂伯杰	527.4 4980	張老師文化
媽媽和生命的意義	歐文·亞隆(Irvin D. Yalom)	178.8 4070	張老師文化
媽媽不只是媽媽: 成為媽媽仍要找到熱愛的事、保持愉快的生活節奏, 活出自己想要的模樣	金雅緣	544.141 8010	采實文化
當媽媽也可以不心累: 透過情緒教練課, 教媽媽們擺脫負能量、學會愛自己	權世演	544.141 4491	橙實文化
兒童敘事治療	大衛·艾普斯頓、珍妮芙·弗里曼、丁·勞勃維茲	178.8 5744	張老師文化
陪你度過情緒低谷: 用150個活動增進青少年的自信心、溝通力和人際關係	凱文·谷澤斯基 (Kevin Gruzewski)	178.8 6759	大田出版
了不起的硬核媽媽	格十三	544.141 1123	寶瓶文化
親子關係治療手冊: 父母的十單元親子遊戲治療訓練模式	Sue C. Bratton/ Garry L. Landreth/ Theresa Kellam/ Sandra R. Blackard	178.8 1703	心理出版社
親子解憂課——撫平孩子的焦慮, 大人用也很好的20種心理技巧	艾麗西亞·伊頓(alicia eaton)	176.527 4030	遠流出版
情緒與行為問題——兒童與青少年所面臨與呈現的挑戰	施顯炘	176.5 0821	五南圖書出版
說不出口的, 更需要被聽懂	胡展誥	528.21 4762	遠流出版
撞牆教養學——用12個練習理解孩子, 將衝突化為溝通的轉機	童童老師	528.21 0010	如何出版社
覺察孩子的焦慮危機	王意中	173.1 1010	寶瓶文化
孩子需要的媽媽, 就好	郭葉珍	528.21 0742	三采文化
小熊媽的創意思考教養法	小熊媽(張美蘭)	528.21 1123	野人
給爸爸媽媽的兒童性教育指導書	明白小學堂	544.72 6702	萬里機構
給孩子說一句有能量的說話: 85個溝通對話陪你講	張濮	528.21 1123	萬里機構
前青春期的孩子情緒像貓	張閔淳	528.21 1123	大大創意
高敏感父母——高敏感, 讓你成為更好的父母	依蓮·艾倫 (Elaine N. Aron)	528.21 0708	遠流出版
i世代報告	珍·特溫格 (Jean M. Twenge)	541.7 3548	大家出版社
寫給忙碌父母的育兒百事	加藤紀子	528.21 4600	先覺出版
弄懂6~12歲孩子的內心X情緒X行為問題 (暢銷增修版)	陳品皓	544.67 7529	禾禾文化
渴愛的青春——少年及婦幼警察隊隊長十年專業經驗談	邱子珍	548.581 7712	創意市集
一本你希望父母讀過的書 (孩子也會慶幸你讀過)	菲莉帕·派瑞(Philippa Perry)	528.21 1477	木馬出版社
讓人生多出1/3時間——三職母親的分身術	黃潔賢	177.2 4480	夢企劃

★★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.







## 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

## "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
Absent without reason 無故缺席任何已報名之家長學堂活動或課程	-3

Annual Credits 全年學分總計	Certificate 獲頒證書
Above 60 credits 60分以上	SUPER Star Certificate, book / gift voucher 超星級證書及書券/禮券
41-60 credits 41-60分	A-STAR Certificate, book / gift voucher 星級證書及書券/禮券
31-40 credits 31-40分	SILVER Certificate, book / gift voucher 銀證書及書券/禮券
15-30 credits 15-30分	BRONZE Certificate 銅證書



\*Various meaningful PEA programmes are provided. Please sign the reply slip of the PEA notice issued on 30 Sep on E-CLASS for registration. G1 and G7 parents please sign the PEA notice with the A-Parent My Commitment and take part in the PEA activities actively. 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30日發出的家長學堂年度課程報名回條\*

## Parent "My Commitment" 我的行動承諾（家長）

I understand that a strong Home-School partnership can make significant impacts on my child's education and growth. Parents and schools are responsible for nurturing their children, so I promise to establish a strong partnership with the school and actively participate in the activities held by the Parent Education Academy.

本人明白學校與家庭若能建立牢固的夥伴關係將對我的孩子的教育與成長產生重大的影響。父母和學校對培育孩子成才責無旁貸，因此本人承諾與學校建立牢固的夥伴關係，積極參與家長學堂的活動。

Parent Signature  
家長簽署

\_\_\_\_\_  
Date日期  
30 September 2022  
2022年9月30日

Parents of grades 1 and 7, please sign "My Pledge to Action" (Parent) in the reply slip of PEA School notice issued this week. Please actively participate in the courses and activities organized by the PEA for the growth of your children and let's create a bright future together!

一年級及七年級的家長請於本周發出的家長學堂通告回條內簽署「我的行動承諾」，積極參與家長學堂所舉辦的課程及活動，與子女一同成長，攜手共創光輝的未來！





敏求篤信 明辨力行

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



Primary Division

Tel: 2637 2277

Fax: 2637 2077

Secondary Division

Tel: 2637 2270

Fax: 2637 2043

6 On Muk Lane, Shek Mun, Shatin, N.T.

[www.hkbuas.edu.hk](http://www.hkbuas.edu.hk)