



PTA2527-12

**Co-organized by Parent-Teacher Association and Parent Education Academy**

**Parent Education Conference 2025-2026**

**「家長教師會」及「家長學堂」合辦**

**家長教育研討會 2025-2026**

**Theme : The Sun Beyond Clouds· Shepherding Tomorrow**

**Exploring Ways to Enhance Family Resilience**

**And Emotional Health Index**

**主題：雲上太陽·守護成長**

**探討提升家庭的抗壓力與情緒健康指數**

Families are a warm haven in everyone's life and serve as an essential fortress against external pressures. In the face of various challenges and difficulties, family resilience and emotional health become particularly important. We hope to create a more positive atmosphere for families, fostering understanding and support among members, allowing us to grow together in life. Let us join hands to face challenges and strive for a brighter tomorrow.

Our Parent-Teacher Association (PTA) and Parent Education Academy (PEA) continue to jointly organise the Parent Education Conference this year. We are honored to invite Professor Kwok Lai Yuk Ching from the Department of Social and Behavioral Sciences at City University of Hong Kong and Convener of the Positive Education Research Lab, and Ms Sun Yue, a former China women's volleyball national team athlete, to share with us their insights and experiences on how to enhance family resilience and emotional health. All parents are cordially invited to join us. Limited seats are available. Please register now!

家庭是每個人生活中的溫暖港灣，亦是抵禦外界壓力的重要堡壘。在面對各種挑戰與困難時，家庭的抗壓力和情緒健康變得尤為重要。我們期望能為家庭創造更加積極的氛圍，促進成員之間的理解與支持，共同在生活中茁壯成長，讓我們一起攜手面對挑戰，邁向更美好的明天。

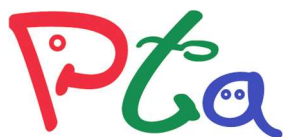
本年度由我校「家長教師會」與「家長學堂」主辦的教育研討會，有幸邀請到著名的香港城市大學社會及行為科學系的教授及正向教育研究室的召集人郭黎玉晶教授及前中國女排國家運動員孫玥女士，與我們分享見解和經驗。共同探討如何提升家庭的抗壓力與情緒健康。名額有限，現誠邀各位家長踴躍參與！

Date: December 13, 2025 (Saturday)

日期：2025年12月13日（星期六）

Venue: School Hall

地點：學校禮堂



Conference Rundown:

研討會程序表：

9:00-9:15	<p>Registration 登記</p> <p>(Each participating family will receive one souvenir from PTA) (每個出席家庭會獲得 PTA 紀念品乙份)</p>	
9:15-10:45	<p><b>Topic 1:</b> <b>The Secret Code of a Healthy Family</b> <b>講題 1 :</b> <b>健康家庭的幸福密碼</b></p> <p>Language: Cantonese 講座語言：粵語</p>	<p>Speaker: Prof Kwok Lai Yuk Ching Professor of Department of Social and Behavioural Sciences, City University of Hong Kong Convener of the Positive Education Research Lab, City University of Hong Kong 講者：郭黎玉晶教授 香港城市大學社會及行為科學系教授 香港城市大學正向教育研究室召集人</p> 
10:45-11:00	<p>Presentation of souvenir, photo taking, break 頒贈紀念品、拍照、小休</p>	
11:00-12:15	<p><b>Topic 2</b> <b>The Sun Beyond Clouds</b> <b>Shepherding Tomorrow</b> <b>講題 2</b> <b>雲上太陽·守護成長</b></p> <p>Language: Mandarin 講座語言：普通話</p>	<p>Speaker: Ms Sun Yue Former Athlete of China women's national volleyball team 講者：孫玥女士 前中國女排國家運動員</p> 



歡迎各家長參與 All Parents are Welcome ❖

❖ Quota is limited. (If applications exceed the quota, the PTA will arrange a live broadcast in the Lecture Theatre for some of the participants drawn by lot.)

名額有限 (若報名人數超出限額, 本會將以抽籤形式安排部分家長於演講廳觀賞同步直播。)

❖ Free of charge (Please attend accordingly once registered and received confirmation by the PTA. Failing to attend will be charged HK\$100 per person as the reservation fee. The fee will be deducted from your child's eClass account.)

費用全免 (一經報名並得到家長教師會確認, 家長務必出席。倘若成功報名但因事未能出席, 家長教師會將在貴子女的 eClass 賬戶扣除每位港幣 100 元留位費。)

❖ Interested parties please enroll through the WePEA web app on or before Wednesday, December 3, 2025. Please note: **Signing and returning the reply slip does not represent a successful registration.**

有興趣參加者可透過 WePEA web app 於 2025 年 12 月 3 日 (星期三) 或之前報名。 **請注意：簽署**

**回條並不代表成功報名。**

Enroll through the WePEA web app using the following link: <https://wepea.hkbuas.edu.hk/courses/18>

透過以下連結在 WePEA 網頁應用程式中報名: <https://wepea.hkbuas.edu.hk/courses/18>

❖ This Parent Education Conference is one of the significant programmes of the Parent Education Academy. Your participation is highly encouraged. All participants will receive 10 credits for the PEA programme and a souvenir from the PTA.

是次活動為家長學堂重點課程之一, 敬請踴躍參與。出席家庭除獲得家長學堂 10 分積分外, 更將獲得家長教師會紀念品乙份。

For any enquiries, please email [info@hkbuaspta.org.hk](mailto:info@hkbuaspta.org.hk) (kindly state the student name, class and contact no.) or contact Ms. Yeung Nam at 2637 2277 during office hours.

如有任何查詢, 可電郵 [info@hkbuaspta.org.hk](mailto:info@hkbuaspta.org.hk) (請註明子女姓名、班別及聯絡電話) 或於辦公時間致電 2637 2277 與楊楠老師聯絡。

家長學堂

A-Parent Education Academy

第十七屆家長教師會

17<sup>th</sup> Batch of Parent-Teacher Association



2025 年 11 月 21 日

November 21, 2025



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✂ Reply Slip 回條 PTA2527-12 ✂

(Please sign the eNotice on or before December 3, 2025. Parents are not required to return this reply slip.)

(請於 2025 年 12 月 3 日或之前以 eNotice 回覆，無須交回此回條。)

本人已知悉「家長教育研討會 2025-2026」事宜。

I have noted the arrangements for "Parent Education Conference 2024-2025".

本人有意參加研討會，並於 WEPEA 平台報名。出席人數為\_\_\_\_\_位成人。(本活動專為家長而設)

I will attend the Parent Education Conference and enroll through the WePEA web app. Number of participating adults: \_\_\_\_\_. (The event is for parents only)

如家長有興趣就講題範圍提出問題，請填寫：

If parents are interested in asking questions regarding the scope of the topics covered, please fill out the form:

本人無暇參加是次研討會。

I will not attend the Parent Education Conference.

班別及學號 Class & Class No.	家長簽名 Parent Signature
學生姓名 Student Name	家長姓名 Parent Name
電話 Mobile	日期 Date