



A-Parent Education Academy handbook

家長學堂手冊

2018-2019

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

教養孩童，使他走當行的道，
就是到老他也不偏離。 <箴言 22:6>



簡介

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

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

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

A – Achievement 成就感：發揮子女的未來成就和升學就業路向

R – Relationship 關係：建立健康的親子關係

E – Engagement 參與：提供親子一起參與活動的機會

N – Nurture 教養：建立教育和管教資訊的平台

T – Teamwork 協作：一個家校協作的模式

為實踐PARENT的概念，「家長學堂」劃分了五大範疇，以增強與子女溝通及管教子女的能力，從而促進親子關係和加強家長之間的聯繫。五大範疇包括：

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

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



吳麗芬助理校長(學生發展)

2018年10月



Introduction of A-Parent Education Academy

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

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

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

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

- (i) Parent Education Workshops/Parent Seminars
- (ii) Annual Parent Education Conference
- (iii) Parent Volunteers/Sharing
- (iv) Parent-child interest classes
- (v) Self-learning sharing

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



Ms. Ng Lai Fun Stephanie

Assistant Principal (Student Development)

A-Parent Education Academy 2018-2019

家長學堂 2018-2019

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

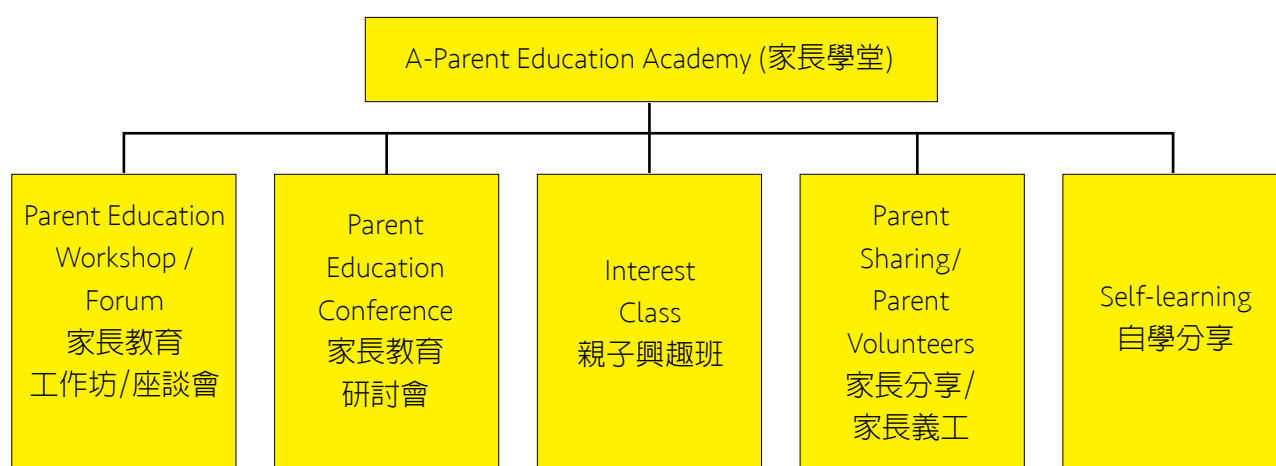
The aim of the establishment of A-Parent Education Academy (PEA) is to provide various learning opportunities for every A-School parent to equip themselves with some parenting techniques towards positive communication and to understand more about their children's emotion and stress, so as to build up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

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

B. Purpose of PEA 家長學堂目標

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

C. Curriculum Structure 課程架構



Parent Education Workshop / Forum 家長教育工作坊/座談會

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

Workshop/Seminar	Time
SS Sunflower Parent Workshops 中學向日葵「攜」家長同行計劃	Oct 2018 – Jan 2019 (4 times)
PS Parent Forums 小學家長座談會	Whole year (6 times)

Secondary Section 中學部

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

In order to build up positive home-school relationship, "Sunflower Parent Workshops" will be held to support parents on 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 on personal growth, such as dating and parent-child communication in the junior Secondary stage, dating issues, doubts about selecting subjects of senior curriculum, etc. Parents may learn effective parenting skills, how to foster positive family relationship, as well as how to facilitate communication between the two generations through attending the workshops and participating in the sharing and discussion sessions. This series of workshops are one of the significant programs of A-Parent Education Academy which will be launched in early October. You are now sincerely invited to take part in the workshops.

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

Name of the activity 活動名稱	Sunflower Parent Workshops 向日葵「攜」家長同行工作坊
Dates 日期	20/10(Sat), 2/11/2018(Fri), 18/1(Fri), 25/1/2019(Fri) (4 sessions) in total 20/10(星期六), 2/11/2018(星期五), 18/1(星期五), 25/1/2019(星期五) (共四節)
Time 時間	7:00 p.m. - 9:00 p.m. 晚上七時至九時(星期五) 10:00 a.m. - 12:00 noon 早上十時至十二時(星期六)
Venue 地點	SS G/F Dance Room 中學部舞蹈室/ Performing Arts Theatre
Target 對象	Parents of Secondary School students 中學生家長
Quota 名額	70
Language 語言	Cantonese 廣東話
Fee 費用	Reservation fee: \$200 per head (Refund after attendance) 留位費 \$200元一位，出席後退還。
Certificates of Attendance 出席證書	A "Certificate of Attendance" will be issued to parents who attend half of related workshops; and a "Certificate of Commendation" will be issued to parents who attend all related workshops. 出席一半所屬級別的工作坊之家長將獲頒發「出席證書」；出席全數所屬級別的工作坊之家長將獲「嘉許結業證書」。

Details of the workshops 工作坊詳情：

Dates 日期	Topic 題目	Content 內容	Format 形式	Target 對象
20/10/2018 Saturday 星期六	Upgrade for Parents 家長也升LV (1)	<ol style="list-style-type: none"> To know more about the trend of internet 認識網絡潮流 1 To know the needs and reasons why teenagers like to go online 認識青少年喜歡上網的需要及原因 To know how to evaluate network usage 認識網絡使用程度評估 Principles and methods for nurturing children to adopt healthy online habit 培養子女健康上網的原則及方法 		Junior grades' Parents 初中家長
2/11/2018 Friday 星期五	Upgrade for Parents 家長也升LV (2)	<ol style="list-style-type: none"> To know more about the trend of internet 認識網絡潮流2 To know more about youth online dating 青少年網絡交友情況 To strengthen awareness of popular network platforms and software 加強認識流行網絡平台及軟件 	Case Study, Videos, & Discussion 個案分享、影片播放及小組討論	Junior grades' Parents 初中家長
18/1/2018 Friday 星期五	Teenage love we used to be worried about in those years 那些年，我們一起擔心過的早戀	<ol style="list-style-type: none"> To know the causes of teenage love 認識青少年早戀的成因 How to deal with the problems of teenage love positively 如何正面處理子女早戀問題 		Junior and Senior grades' Parents 初中至高中家長
25/1/2018 Friday 星期五	Career development in generation AI AI 世代的生涯發展	<ol style="list-style-type: none"> To recognize the career development needs of youth in the generation AI 認識青少年於AI 世代的生涯發展需要 How to cooperate with the development needs and act as a good role for children 如何配合發展需要，做好輔助角色 		Junior and Senior grades' Parents 初中至高中家長



Primary Section 小學部

PS- Parent Forum Series 2018-2019 小學部家長座談會系列2018-2019

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 relationship between parent-child 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 and Parent-Child Day Camp 2018-2019 小學部家長座談會系列及親子日營2018-2019
Dates 日期	2/11,16/11,14/12/2018; 1/3,29/3/2019 (Fridays) (5 sessions in total) Parent-Child Day Camp 13/1/2019 (Sunday) 2/11,16/11,14/12/2018; 1/3, 29/3/2019 (星期五) (共五節) 親子日營 13/1/2019(星期日)
Time 時間	7:00 p.m. - 9:00 p.m. 晚上七時至九時(星期五) (except for the Parent- Child Day Camp 親子日營除外)
Venue 地點	Lecture Theatre /Hall演講廳 /禮堂
Target 對象	Parents of Particular Grades 指定年級的家長
Quota 名額	200 (except for the Parent- Child Day Camp 親子日營除外)
Language 語言	Cantonese 廣東話
Fee 費用	Free免費
Certificates of Attendance 出席證書	A "Certificate of Attendance" will be issued to parents who attend 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	Speaker 講者	Target 對象
2/11/2018 Friday 星期五	How to raise a positive child? 如何培養正向孩子？	To understand the needs and develop their positive attitude towards learning and daily life 學習了解孩子的需要及協助孩子在學習與日常生活中建立正向態度 Group discussion and workshop with G1-2 Class Teachers 與G1-2班主任進行小組討論和工作坊	Case Study, Videos, & Discussion 個案分享、影片播放及小組討論	SD teachers, G1-2 Class Teachers SD老師，G1-2 班主任	G1-2 Parents 一至二年級家長
16/11/2018 Friday 星期五	How to use positive psychology to shape your child's character? 如何使用正向心理學塑造孩子性格？	To understand how parent's affection shapes a child's positive character 了解親情與建立孩子正向性格的關係 Teach the word "yet" in order to develop a "growth mindset" 教導「還未」的意義以建立「成長心態」 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	Case Study, Videos, & Discussion 個案分享、影片播放及小組討論	SD teachers, G3-4 Class Teachers SD老師，G3-4 班主任	G3-4 Parents 三至四年級家長
14/12/2018 Friday 星期五	How to build a positive relationship with your "Teen"? 如何與青少年建立正向的關係？	To know how to accept your "Teen's" feelings towards learning and daily life 明白及接受青少年在學習和日常生活中的感受 To know how to deal with a cyber "Teen" 學習理解網絡少年 Group discussion and workshop with G5-6 Class Teachers 與G5-6班主任進行小組討論和工作坊	Case Study, Videos, & Discussion 個案分享、影片播放及小組討論	SD teachers, G5-6 Class Teachers SD老師，G5-6班主任	G5-6 Parents 五至六年級家長

Dates 日期	Topic 題目	Content 內容	Format 形式	Speaker 講者	Target 對象
13/1/2019 Sunday 星期日	Positive relationship building workshop 建立正向關係工作坊	Parent-Child Day Camp 親子日營	Games and Parent-Child interaction 遊戲形式親子互動	Social workers from the Boys' and Girls' Clubs Association of Hong Kong 香港小童群益會註冊社工	G1 Parents and Children 一年級家長及學生 30 對親子 30 Parent-Child
1/3/2019 Friday 星期五	Positive interpersonal relationship 正向人際關係工作坊	Handling Changes in Young Adults 處理青少年成長的變化	Case Study, Videos, & Discussion 個案分享、影片播放及小組討論	Ms. Connie Au Current Chinese University of Hong Kong School of Education Counseling and Psychology Department Adjunct Lecturer and Clinical Counselor of Psychological Counseling 區純華女士 香港中文大學學校諮商與輔導文學碩士(榮譽)現任香港中文大學教育學院輔導及心理學系(碩士班)的臨床心理輔導督導員	G5-6 Parents 五至六年級家長
29/3/2019 Friday 星期五	Understand the meaning of Accomplishment through Music 通過音樂學習成功的意義	To learn how to encourage their children 學習如何鼓勵孩子 Build up their "Grit" through learning music 通過學習音樂來建立自己的「恆毅力」	Case Study, Videos, & Discussion 個案分享、影片播放及小組討論	SD teachers, Music Teachers, SD老師，音樂老師	G1-4 Parents 一至四年級家長

Parent Education Conference 家長教育研討會

Parent Education Conference 2018-2019

家長教育研討會2018-2019

Theme: The influence of family relationships on the growth of children

主題：家庭關係對子女成長的影響

Date: 8th December 2018 (Saturday) 2018年12月8日(星期六)

Co-operated with PTA 家長教師會合辦

Thematic parent education conference let parents explore more deeply in family education issues in society.

主題式家長教育研討會能加深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	Venue 地點
12:00-12:30	Registration 登記及報到	
12:30-12:45	Opening Ceremony 開幕典禮 Presentation of souvenirs 頒贈紀念品	
12:45-14:15	Theme (1) The influence of family relationships on the growth of children 主題講座(1)家庭關係對子女成長的影響 Speaker: Dr Peter Cheung 講者：張崇德博士 Local Singer 香港男歌手 Principal of MMP workshop 音樂人教室總裁及校長 Associate Dean of The Christian Cherith Ministry Institute 基督教基立聖工學院副院長	2樓演講廳
14:15-14:35	小休及茶點	
14:35-16:00	<div> Topic (2A) The relationship of native families and children's nurturing 專題研習 (2A) 昨天的我、今天的你——探討原生家庭與孩童教養 Speaker: Ms Cheung Pui Sze Gabie Child, personal, marriage and family therapist 講者：霍張佩斯女士 兒童、個人、婚姻及家庭治療師 </div> <div> 2/F LT 2樓演講廳 </div> <div> Topic (2B) To help the youth on independence and responsibility 專題研習 (2B) 家庭的助力與阻力——如何幫助青少年自立與承擔 Speaker: Ms Rachael Ng Personal, marriage and family therapist, founder of the "Family Dynamics" 講者：吳綺琴女士 個人、婚姻及家庭治療師，家庭動力創辦人 </div>	G/F Performing Arts Theater 地下表演藝術中心

Interest Class 親子興趣班

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

輕鬆有趣的興趣班能鞏固家庭關係，亦有助減壓，促進身心健康。

(All parents are welcome 歡迎各級家長參與)

Interest Class 親子興趣班	Time 時間
DIY natural mosquito balm/ natural eczema cream class 天然防蚊/濕疹膏班	Mar 2019
Western cooking class 西式烹飪班	Apr 2019

Parent Sharing / Parent Volunteers 家長分享/家長義工

Parent Sharing Session 家長分享會

Through professional sharing among parents, parents can enhance professional knowledge in different career fields.

透過家長間的專業交流與分享，增進不同範疇的專業知識，一起成長學習。

(All parents are welcome 歡迎各級家長參與)

Parent Sharing Session 家長分享會	Time 時間
All about medicine 醫學百科	Mar 2019
Financial management and investment 理財與投資	May 2019

Parent Volunteers 家長義工

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

Self-learning 自學分享

Reading books from the self-learning recommendation booklist or watching a recommended movie, parents can share their experience on parenting or reflect on themselves by writing self-learning reflection. The reflection and sharing from parents will be uploaded to different channels such as School website, the PEA website, the school newsletter and School Facebook so that parents in A-School can encourage each other by sharing.

透過閱讀家庭教育推薦書目或觀賞推薦電影，並撰寫親子教育心得。我們將透過學校網頁、家長學堂網頁、學校校訊、學校面書等不同渠道上載家長們的自學心聲，讓大家互分享，共勉勵。

(All parents are welcome 歡迎各級家長參與)

"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：

- 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。
- The credits will be accumulated until August every year. Certificates of appreciation will be presented in the PTA AGM in coming October.
學分可累積至每年8月。證書將於10月家長教師會年度會員大會中頒發。
- 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。
- A PEA Newsletter will be published to share the details of the program 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。
- A Commendation ceremony will be held in June every year to appreciate our outstanding parent volunteers.
每年6月將舉行家長義工嘉許禮以表揚傑出家長義工。
- At PTA Annual General Meeting (AGM) in October every year, qualified PEA parents will receive certificates presented by school.
每年10月份舉行的家長教師會週年會員大會中，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
Interest Class and Parent Sharing Session (E.g. Cooking Class, Handcrafted Class) 親子興趣班和家長分享會(如烹飪班和手工藝班)	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) 自學分享(如閱讀心得和電影分享)	2

Credits of year 全年學分總計	Certificate 獲頒證書
30 credits above 30分以上	A-STAR certificate, Book /Gift voucher 星級證書及書券/禮券
21-30 credits 21-30分	SILVER certificate Book /Gift voucher 銀證書及書券/禮券
10-20 credits 10-20分	BRONZE certificate Book /Gift voucher 銅證書及書券/禮券



Application Form

報名表格

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

本人已知悉「家長學堂」的課程內容及各項安排。

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

本人有興趣參加以下家長學堂活動：（請以“✓”填選選項）

☐ **SS Sunflower Parent Workshops 中學 向日葵「攜」家長同行計畫**（早前已於E-notice報名之家長不須再重覆填寫）

☐ **PS Parent Forum: 小學家長座談會**

- ☐ A. How to raise a positive child? 如何培養正向孩子？(G1-2)
- ☐ B. How to use positive psychology to shape your child's character?
如何使用正向心理學陶造孩子性格 (G3-4)
- ☐ C. How to build a positive relationship with your "Teen"? 如何與青少年建立正向的關係？(G5-6)
- ☐ D. Positive relationship building workshop 建立正向關係工作坊 (G1)
- ☐ E. Positive interpersonal relationship 正向人際關係工作坊 (G5-6)
- ☐ F. Understand the meaning of Accomplishment through Music 通過音樂學習成功的意義 (G1-4)

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

☐ **Interest Class 興趣班**

- ☐ DIY natural mosquito balm/ natural eczema cream class 天然防蚊/濕疹膏班
- ☐ Western cooking class 西式烹飪班

☐ **Parent Sharing 家長分享**

- ☐ All about medicine 醫學百科
- ☐ Financial management and investment 理財與投資

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

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

Class No. 學號：_____ Date 日期：_____

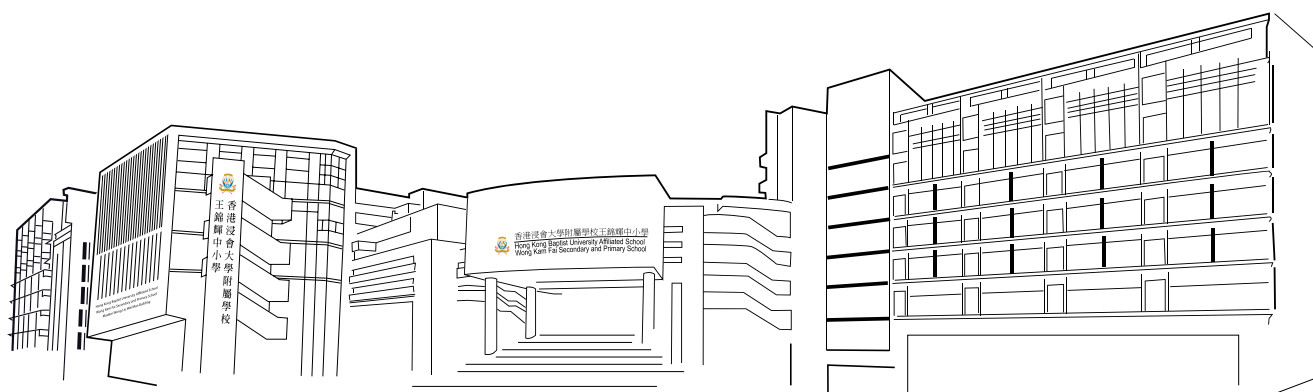
Parent's Contact No.

家長聯絡電話：_____

* 請將此報名表格交回中學部／小學部學生發展中心收 *

敏求篤信 明辨力行

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with Confidence
Determined to Succeed,
with Vision*



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