



CHAN SUI KI (LA SALLE) COLLEGE

4 SHEUNG WO STREET, HOMANTIN, KOWLOON, HONG KONG. TEL: 27118175 FAX: 27621550

14th September, 2020

Circular No. 20012

Dear Parents/ Guardians,

Home-School Cooperation – Seminar Information and Eye Care Tips

"Together for a Fun Internet World" Parent Seminar

The Education Bureau, HKEdCity and Committee on Home-School Co-operation are going to hold the Parent Seminar called "Together for a Fun Internet World" to discuss how parents may support children learning at home to enhance their learning effectiveness, as well as how parents may educate children to avoid the online infringement pitfall. Details of the online seminar are as follows:

Date: 26th September, 2020 (Saturday)

Time: 2:30-4:30pm Mode: Online Seminar Language: Cantonese

If you are interested in the parent seminar, please visit the event's official website (https://bit.ly/2ZmM5tl) for application or more details.

Eye Care Tips for Online Learning

Students' wellbeing is our top priority. Concerning the increased usage of electronic devices as a result of online learning, the Pastoral Division would like to share some tips for parents to help your son prevent Computer Vision Syndrome. Attached please find the eye care tips provided by the Education Bureau for your reference.

Your participating in home-school cooperation is much appreciated.

Yours faithfully,

Lee Ting Leung

Principal

Encl.

1. Eye Care Tips for Online Learning

陳瑞祺(喇沙)書院

九龍何文田常和街四號 電話:二七一一八一七五

傳真:二七六二一五五零



CHAN SUI KI (LA SALLE) COLLEGE

4 SHEUNG WO STREET, HOMANTIN, KOWLOON, HONG KONG. TEL: 27118175 FAX: 27621550

Enclosure 1. Eye Care Tips for Online Learning (source: Education Bureau)

1. Adjust environment

Keep window light off to side; use blinds or an anti-glare screen

Use large monitor or screen magnifier to reduce eye strain



Position the screen of digital screen devices to reduce reflection from windows or overhead lights

Add anti-glare filter to reduce reflection and increase contrast



Ensure that the chair is close to computer and sitting comfortably to reduce stress on eyes trying to find the best viewing angle

2. Adjust digital screen devices

Position screen to look at it slightly downward (about 5 inches or 12-13cm) at an optimal distance (about 20 inches or 50 cm away)

Optimize personal screen brightness and contrast that your eyes feel most comfortable with



Place reference materials as close to the screen as possible (e.g., using a document holder beside monitor) to lessen the need to constantly refocus the eyes

陳瑞祺(喇沙)書院九龍何文田常和街四號

電話:二七一一八一七五傳真:二七六二一五五零



CHAN SUI KI (LA SALLE) COLLEGE

4 SHEUNG WO STREET, HOMANTIN, KOWLOON, HONG KONG. TEL: 27118175 FAX: 27621550

敬啟者:

家校合作 — 家長講座資訊 及 護眼錦囊

共建網「樂」e世界家長講座

教育局、香港教育城和學校合作事宜委員會將舉辦「共建網「樂」e世界家長講座」,講解家長可以如何支援孩子以提升其學習效能,亦會講解如何教導孩子避免互聯網侵權陷阱。 有關活動詳情如下:

日期:2020年9月26日(六)

時間:下午2時30分至4時30分

形式:網上研討會

語言:粤語

如 閣下有意參加本活動,可瀏覽活動官方網頁(https://bit.ly/2ZmM5tl)參閱詳情及報名。

網上學習護眼錦囊

學校十分關注學生健康,就網上學習增加學生使用電子設備的情況,本校牧養部望分享教育局提供的眼睛護理方法,使家長能在家協助學生調整設備及環境,以預防電腦視覺綜合症。詳情請參考附件資料。

盼望 閣下能積極參與,透過家校合作共同協助孩子學習。

此致

各家長

陳瑞祺(喇沙)書院校長 李丁亮 啟

二〇二〇年九月十四日

附件:

1. 網上學習護眼錦囊

陳瑞祺(喇沙)書院

九龍何文田常和街四號 電話:二七一一八一七五

傳真:二七六二一五五零



CHAN SUI KI (LA SALLE) COLLEGE

4 SHEUNG WO STREET, HOMANTIN, KOWLOON, HONG KONG.

TEL: 27118175 FAX: 27621550

附件:網上學習護眼錦囊 (摘錄自教育局)

1. 調整環境

保持窗口的光從一側 進入,可使用百葉簾 或防眩屏幕

使用大屏顯示器或屏 幕放大鏡以減少眼睛 疲勞



調整數碼屏幕設備的屏幕 位置,以減少窗口和頭頂 燈光的反射

加上抗眩光過濾器,以減 少反射,並提高對比度



確保椅子靠近電腦、坐姿正確, 以降低眼睛尋找最佳視線角度 時的壓力

2. 調整設備

調整屏幕位置,確保可以在最佳的距離(約 20 英寸或 50 厘米) 並稍微向下(約5 英寸 或 12-13 厘米)

優化個人屏幕亮度和對比 度,讓眼睛感到最舒適



將參考材料盡量放在屏幕附近(例如,在 顯示器旁邊使用資料夾),減少不斷調整眼 睛的需要