

陳瑞祺(喇沙)書院
九龍何文田常和街四號
電話：二七一—八一七五
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CHAN SUI KI (LA SALLE) COLLEGE
4 SHEUNG WO STREET, HOMANTIN,
KOWLOON, HONG KONG.
TEL : 27118175
FAX : 27621550

13th March 2025

Circular No: 24056

Dear Parents/Guardians,

**Notice on “Caring for Their Heart and Soul, Growing along with Your Children”
Parent Education Talk Series (2024/25 School Year)**

The Education Bureau (EDB) attaches great importance to students’ healthy development. Parents play an important role in supporting students’ growth, nurturing their positive attitude, as well as promoting their whole-person development. To enhance parents’ awareness and ability of addressing children’s mental health, EDB has commissioned the Hong Kong Children & Youth Services to organise the “Caring for Their Heart and Soul, Growing along with Your Children” Parent Education Talk Series for parents of primary and secondary students **from March to May 2025**.

Our school has all along been actively promoting home-school co-operation and parent education. We encourage parents to actively participate in the talks to acquire the knowledge and skills for enhancing the mental health of children. The talks cover topics related to mental health of children, including supporting children to lead a healthy life, conflict management, using digital devices wisely, strengthening adaptability and resilience, stress management as well as understanding and taking care of children with mental health needs. The talks will be delivered in both face-to-face and online modes.

For details and enrolment method of the “Caring for Their Heart and Soul, Growing along with Your Children” Parent Education Talk Series, please refer to **Annex 1**.

Yours faithfully,



Lee Po Chu, Fiona
Principal

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敬啟者：

通告編號：24056

學校通告（2024-2025）
「關愛心靈 陪伴成長」家長教育講座系列
（2024/25 學年）

教育局十分重視學生的健康成長，家長在支援學生的成長、培養積極的態度，以及促進全人發展方面均扮演重要角色。為提升家長對照顧子女精神健康的意識及能力，教育局委託香港青少年服務處，在**2025年3月至5月期間**為小學及中學學生家長提供「關愛心靈 陪伴成長」家長教育講座系列。

學校一直積極推動家校合作和家長教育，現鼓勵家長積極參與講座，掌握促進子女精神健康的知識和技能。講座涵蓋有關子女精神健康的主题，包括支援子女建立健康的生活、處理衝突、明智使用數碼裝置、加強適應力和抗逆力、管理壓力、了解及照顧有精神健康需要的子女等。講座以面授及網上混合模式進行。

有關「關愛心靈 陪伴成長」家長教育講座系列的詳情及報名方法，請參閱附件一。

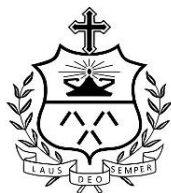
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各家長／監護人



陳瑞祺（喇沙）書院校長
李寶珠 啟

二〇二五年三月十三日

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Annex 1

“Caring for Their Heart and Soul, Growing along with Your Children” Parent Education Talk Series (2024/25 School Year)

Details and Enrolment Method:

Mode of delivery: face-to-face and online
No. of face-to face participants: 60 (no limit for the number of online participants)
Medium of instruction: Cantonese
Deadline for Enrolment: 7 days prior to the talk

Parent Education Talk Series for Parents of Secondary Students:

Date and Time	Topic	Venue	Enrolment Method
12 April 2025 (Sat) 10:00 a.m. – 12:00 noon	Having Fun on “Net” Fostering Parent-child Interaction	Christian Alliance Cheng Wing Gee College 12-14 Chik Wan Street, Tai Wai, Sha Tin	
2 May 2025 (Fri) 7:00 p.m. – 9:00 p.m.	Mindful Parenting Managing the Turbulence in Adolescence		
3 May 2025 (Sat) 10:00 a.m. – 12:00 noon	“Empathy and Friendship” Supporting Children in Developing Healthy Peer Relationship		
16 May 2025 (Fri) 7:00 p.m. – 9:00 p.m.	Identifying and Supporting the Mental Health Needs of Children		
24 May 2025 (Sat) 10:00 a.m. – 12:00 noon	Supporting Adolescents in Developing Resilience	Jockey Club Fong Shu Chuen Integrated Children & Youth Services Centre G/F & 1/F, Block 18, Site 2, Whampoa Garden, Hung Hom, Kowloon	

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Interested parents can scan the QR codes in the table to complete and submit the electronic application form. For enquiries on enrolment matters, please contact Ms. CHOI of the Hong Kong Children & Youth Services on 2606 7644.

Remarks:

- (1) Applicants should ensure that the email address provided is accurate for receiving the confirmation notification, information of the talks and login details for online participation.
- (2) Enrolment will be processed on a first-come-first-served basis. Successful applicants will receive an email notification. If the face-to-face delivery is full, participants will be arranged to attend the talks online.
- (3) No parking space will be provided for participants at the venue.
- (4) In the event that the talks are cancelled due to inclement weather or other special circumstances, notification of the make-up talks will be made in due course.

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附件一

「關愛心靈 陪伴成長」家長教育講座系列
(2024/25 學年)

詳情及報名方法：

模式： 面授及網上混合模式
每場面授人數： 60人（網上參加人數不限）
授課語言： 粵語
報名截止日期： 講座前七天

中學學生家長教育講座系列：

日期及時間	主題	地點	報名方法
2025年4月12日 (星期六) 上午10:00 - 中午12:00	「絡」在無窮 開啟網上親子互動契機	沙田 大圍積運街 12 至 14 號 宣道會鄭榮之中學	
2025年5月2日 (星期五) 晚上7:00 - 9:00	以「靜」制「動」 青春期的動盪處理		
2025年5月3日 (星期六) 上午10:00 - 中午12:00	「同理·友情Teen」 支援子女建立 健康朋輩關係		
2025年5月16日 (星期五) 晚上7:00 - 9:00	辨識及支援子女 精神健康需要		
2025年5月24日 (星期六) 上午10:00 - 中午12:00	培養青少年的心理 韌性		

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有興趣報名的家長可掃描表格中的二維碼，填寫並遞交電子報名表格。如就報名事宜有任何查詢，請致電2606 7644與香港青少年服務處 蔡女士 聯絡。

備註：

- (1) 請參加者確保填寫的電郵地址正確，以便收取有關取錄通知、講座資料及線上登入資料等。
- (2) 報名將以先到先得方式處理，成功取錄者將獲電郵通知。如實體講座名額額滿，參加者將會安排以網上形式參與講座。
- (3) 活動場地不設車位予參加者。
- (4) 如因惡劣天氣或它們特殊原因而需取消講座，補辦講座的安排將另政通知。