



各位家長：

「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題，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政。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。

校長 黃嘉明謹啟

二零二五年三月七日

回條

學生姓名：\_\_\_\_\_ 班別：\_\_\_\_\_ 學號：\_\_\_\_\_

茲收到 貴校「關愛心靈 陪伴成長」家長教育講座系列(2024/25 學年)(Sch 24-25\_41) 通告，有關詳情經已知悉。

日期：\_\_\_\_\_ 家長或監護人簽名：\_\_\_\_\_

註：請於 3 月 14 日或以前簽妥通告。



Dear Parents,

**“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,

\_\_\_\_\_  
Ms. Wong Ka Ming Principal

7<sup>th</sup> March, 2025

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**Reply Slip**

Name : \_\_\_\_\_ Class : \_\_\_\_\_ Class number : \_\_\_\_\_

I have read and acknowledge the letter about the **“Caring for Their Heart and Soul, Growing along with Your Children” Parent Education Talk Series (2024/25 School Year)** (Sch 24-25\_41).

Parent’s Signature

Date : \_\_\_\_\_

Please sign the eNotice on or before 14<sup>th</sup> March 2025.