



26th September 2024

Circular No: 24017

Certificate Course of Positive Education for Parents

Dear Parents/Guardians,

The stress from study students are facing has been more and more severe recently. Teenagers' mental health issues deserve our concern after the COVID-19 pandemic. Complying with the Education Bureau's policies, our school is dedicated to promoting positive education which aims at developing students' positive values, enhancing their positive image, and strengthening their character. Our school has invited Mr. Kwok Kai Chun Remus, Director from Positive Education Laboratory of the City University of Hong Kong, to conduct an online certificate course called 'Positive Education for Parents'. It aims to help our parents to cope with their own and their son's negative emotions. Parents are welcomed to register for the course.

Details of 'Positive Education Certificate Course for Parents' are as follow:

Mode : Zoom online meeting (login methods will be notified after successful registration)

Fee : Free of charge

Language: Cantonese

Quota : 100 participants

Lesson 1 : Using character strengths to build self-image

Date : 14th October 2024 (Mon)

Time : 7:30p.m. - 9:00p.m.

Lesson 2 : Building positive emotions in children

Date : 28th October 2024 (Mon)

Time : 7:30p.m. - 9:00p.m.

Lesson 3 : Helping children move from setbacks towards success

Date : 11th November 2024 (Mon)

Time : 7:30p.m. - 9:00p.m.

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



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4 SHEUNG WO STREET, HOMANTIN,
KOWLOON, HONG KONG.
TEL : 27118175
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Parents can choose to attend lecture(s) they are interested in, but course certificate will only be issued to parents who attend all of the three lectures. Those who attend two or more lectures will be invited to join a 'Parent-child Laser Gun Shooting Game' guided by the lecturer, Mr. Kwok Kai Chun Remus. The game is free of charge and the date will be announced at a later stage. Parents are highly encouraged to join.

Parents should reply to this circular through E-class by 7th October 2024. If you have any inquiries, please contact Mr. W. L. Yeung at 2711 8175.

Yours faithfully,

Lee Po Chu Fiona
Principal



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敬啟者：

通告編號：24017

家長「正向教育證書課程」

近年學童的學習壓力愈見嚴重，在新冠疫情後青少年精神健康問題更加值得關注。本校配合教育局政策，銳意推動正向教育，培育學生建立正向價值觀，增強正向自我形象並發揮個人性格特質。本校特意邀請香港城市大學正向教育研究室服務督導郭啟晉先生，為本校家長設計及主講線上「正向教育家長證書課程」，幫助家長正確處理自身及兒子的負面情緒。歡迎家長報名參加！

「正向教育家長證書課程」詳情如下：

形式：Zoom 線上會議平台，登入方法將於成功報名後另行通知。

費用：全免

語言：粵語

名額：100 人

第一堂：如何運用性格強項建立自我形象

日期：2024 年 10 月 14 日（星期一）

時間：下午 7 時 30 分至 9 時正

第二堂：如何建立子女正面情緒

日期：2024 年 10 月 28 日（星期一）

時間：下午 7 時 30 分至 9 時正

第三堂：如何協助子女從挫折邁向成功

日期：2024 年 11 月 11 日（星期一）

時間：下午 7 時 30 分至 9 時正

家長可選擇參與個別講座，惟課程證書只會頒發給出席所有講座的家長。出席兩場講座或以上的家長，將獲邀實體參與「親子鐳射槍戰遊戲」，由導師郭啟晉先生指導，費用全免，日期將另行公布。歡迎各家長踴躍參加！

有意參加的家長請於 E-class 內回覆，截止報名日期為 2024 年 10 月 7 日。如有問題，請致電學校 2711 8175 向楊宏亮老師查詢。

此致
各家長



陳瑞祺（喇沙）書院校長
李寶珠 啟

二零二四年九月二十六日