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4 SHEUNG WO STREET, HOMANTIN,
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TEL : 27118175
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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,



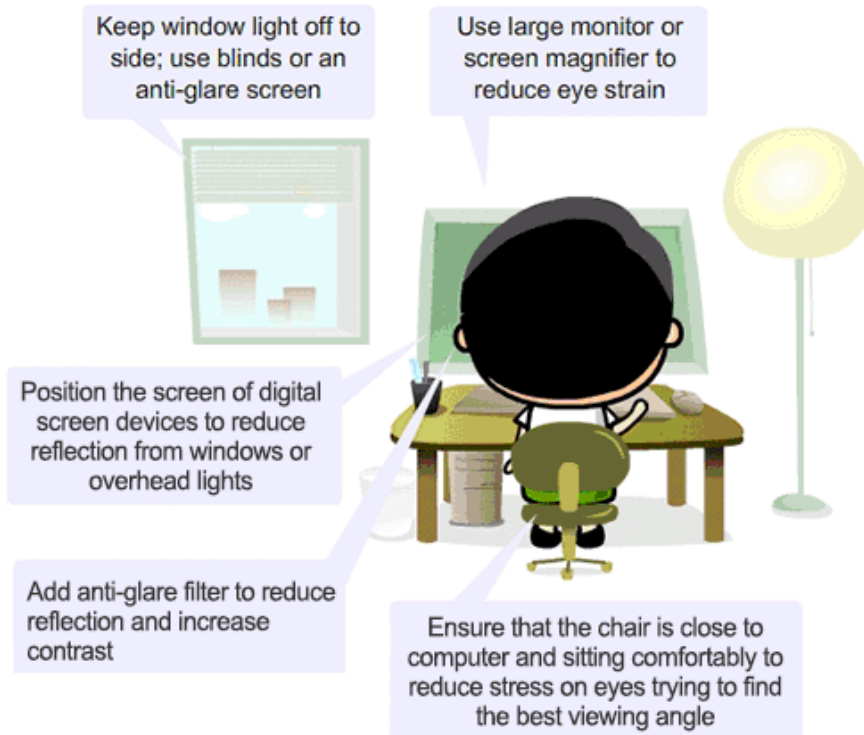
Lee Ting Leung
Principal

Encl.

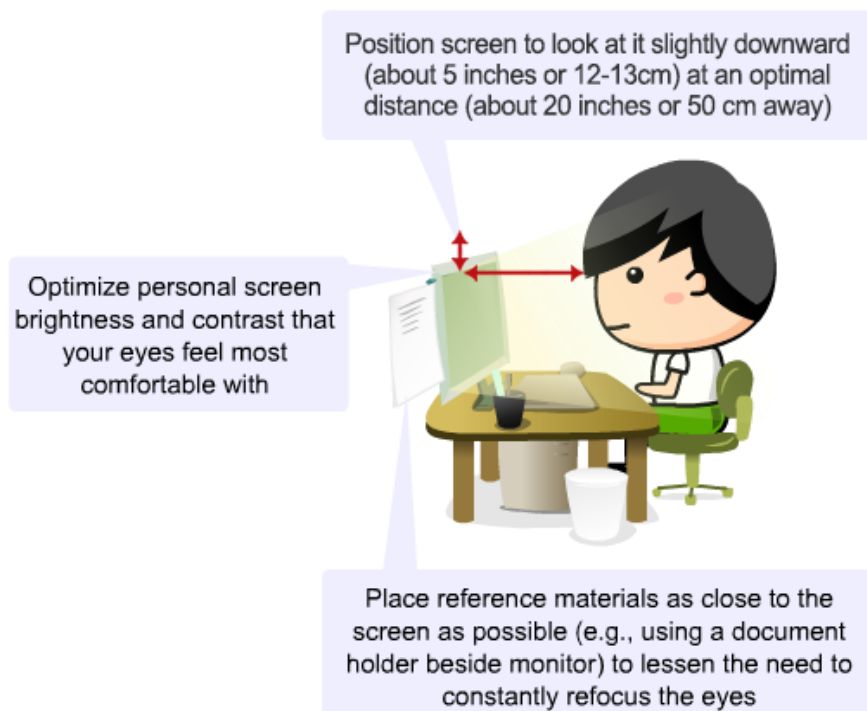
1. Eye Care Tips for Online Learning

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

1. Adjust environment



2. Adjust digital screen devices



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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：粵語

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

附件：網上學習護眼錦囊 (摘錄自教育局)

1. 調整環境



2. 調整設備

