

陳瑞祺(喇沙)書院
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4 SHEUNG WO STREET, HOMANTIN,
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TEL : 27118175
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4th June 2025

Circular No. 24072

Dear Parents / Guardians,

**"Protecting Children, Good Mental Health" - Parent Online Sharing Session
Breaking the Deadlock with Children**

Parents are important guardians of their children. At different stages of a child's growth, when facing challenges and adversities brought by changes, children may feel troubled and helpless.

To enhance parents' communication skills with their children, the Education Bureau will hold an online sharing session for parents of secondary schools on 20th June 2025. Due to limited places, priority will be given to parents from schools that have participated in the "4Rs Mental Health Charter".

For details and registration methods, please refer to the appendix.

Yours faithfully,



Lee Po Chu Fiona

Principal

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通告編號：24072

「守護孩子·好精神」 — 家長網上分享會
打破和子女的僵局

敬啟者：

家長是孩子的重要守護者。孩子在成長的不同階段，面對轉變中的挑戰和逆境時，有機會感到困擾和無助。

為加強家長與子女溝通的技巧，教育局將於 2025 年 6 月 20 日為中學的家長舉辦一場全港性的網上分享會。由於名額有限，已參加《4Rs 精神健康約章》的學校家長將會被優先取錄。有關詳情及報名方法請參閱附件。

此致
各家長／監護人



陳瑞祺(喇沙)書院校長
李寶珠 啟

二〇二五年六月四日

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Appendix

"Protecting Children, Good Mental Health" - Parent Online Sharing Session (Secondary School) Breaking the Deadlock with Children

To enhance parents' communication skills with their children, the Education Bureau will hold the following parent online sharing session. Parents are required to register for participation before 13th June. The registration link is as follows: <https://forms.office.com/r/QgMGp1CgyG>

Date:	20 th June 2025 (Friday)
Time:	From 7:00 p.m. to 8:30 p.m.
Language:	Cantonese
Mode:	Conducted in real - time online via Zoom software
Target Audience:	Parents of secondary school students



Time	Content	Speaker
18:45-19:00	Check-in (Log-in time starts at 6:45 p.m.)	
19:00-19:40	Introduce the important elements of the four steps of kind communication	Educational psychologist Ms. KONG, Tsui Yan Jenny
19:40-20:05	Case sharing: How to ease the tense relationship with children and reopen the door of communication	
20:05-20:20	Understand your own and your children’s languages	
20:20-20:30	Q&A session	

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附件

「守護孩子·好精神」— 家長網上分享會(中學)
打破和子女的僵局

為加強家長與子女溝通的技巧，教育局將舉辦以下的家長網上分享會，家

長請於 **6月13日或之前** 報名參加，報名連結如下：

<https://forms.office.com/r/QgMGp1CgyG>



日期： 2025年6月20日（星期五）
時間： 晚上7時正至8時30分
語言： 粵語
模式： 透過 Zoom 軟件網上實時形式進行
對象： 中學學生家長

時間	內容	講者
18:45-19:00	簽到（登入時間：晚上6時45分開始）	
19:00-19:40	介紹善意溝通四部曲的重要元素	教育心理學家 江翠欣女士
19:40-20:05	個案分享： 如何緩和與子女的緊張關係及重新開啟 溝通之門	
20:05-20:20	了解自己和子女愛的語言	
20:20-20:30	問答環節	