



2023-2024
年度

家校 同心齊關愛

★學生★

成長樂滿載

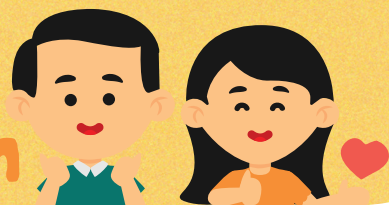
Home-School United in
Love and Care.
Students' Growth with Joy to Spare



Name of parent
家長姓名

Name of student
子女姓名

目的 Aim



為了使家長教育得到全面而有系統的發展，本校於2020-2021年度成立「家長學堂」，安排家長培訓活動，並配合家長教職員聯會的家長興趣班及親子活動，義工服務等不同範疇，建立家長正面情緒和幸福感，提升管教技巧及促進親子關係，加強家長們與學校之間的聯繫。

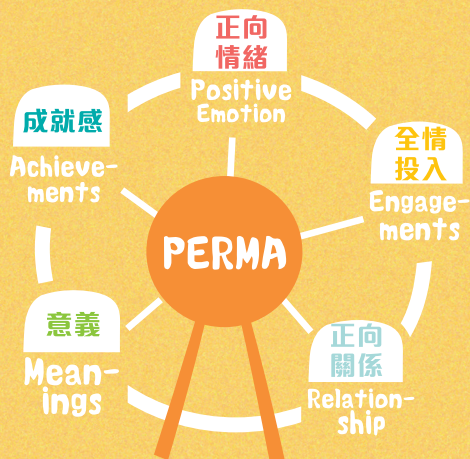
Our school has established "The Parents' Academy" since 2020 to facilitate the development of parental education in a comprehensive and systematic manner. We cooperated with the Parent-Teacher Association to arrange various activities for parents, including training activities, interest classes, parent-child activities, and voluntary services. We aim to foster positive emotions and a sense of happiness among parents, enhance their disciplinary skills, promote parent-child relationships, and strengthen the connection between parents and the school.

正向教育的 幸福元素

Positive Education

PERMA

(Seligman, 2011)



正向心理學的主題是「幸福」，它是一個貌似簡單但又極其複雜的概念，也是人類從古至今就不斷努力地擁有和追求的目標。幸福有五個可以測量的元素（PERMA），當中包括正向情緒、全情投入、人際關係、意義和成就感。不過，這些元素沒有哪一個可以單獨界定幸福，但是它們都對建立幸福有莫大的貢獻。

One of the main themes in positive psychology is "flourishing". This is a simple, yet very complex concept and it is a goal that human beings are long striving for. Flourishing comprises five measurable elements (PERMA), namely Positive Emotion, Engagement, Relationship, Meaning, and Achievement. Flourishing cannot be determined by a single element. All aspects are required to contribute to our flourishing life.

2023-2024年度 正向教育主題:
Positive Education:

正向成就 — 節制

Achievements — Temperance

成就感是正向教育中的六大支柱之一，當中提及到自我效能感。自我效能感是由 Bandura (1977) 創立，他認為自我效能正是影響行為動機的決定性因素。而事情的難度及個人對自己的信心都會影響自我效能感的建立。

A sense of accomplishment is one of the six pillars in positive education, in which the sense of self-awareness is mentioned. The sense of self-awareness was developed by Bandura (1977). He believed that the sense of accomplishment is a crucial factor that affects behavioral motivation. The establishment of self-efficacy is highly dependent on the difficulty of the incident and one's confidence.

當中,有 **4種** 方式協助兒童提升自我效能感:
There are **4 ways** to improve children's self-efficacy:

1

成就表現

PERFORMANCE ACCOMPLISHMENTS

讓兒童親身經歷成功，並獲得關於自身能力能引發成功的經驗，提升信心
Allowing children to experience success and enhance their confidence through acknowledging their own abilities and achievements.

2

替代經驗

VICARIOUS EXPERIENCES

讓兒童與自己水平差不多的人的行為和成功結果，提高其對自身效能的判斷
Improving children's self-efficacy by modelling and observing others' achievements and performance.

3

言語說服

VERBAL PERSUASION

在兒童面對困難或逆境時，以言語鼓勵及說服其成功的可能性，增強其對自身能力的信念
Coaching and giving evaluative feedback when children face difficulties or adversity to enhance their confidence in their own abilities.

4

情緒激發

EMOTIONAL AROUSAL

教導兒童正確的情緒管理，提升情緒穩定性，及建立健康的生活習慣
Teaching children correct ways to manage emotions, improve emotional stability, and establish healthy living habits.



✧ 範疇 Strand

- A** 範疇一：認識兒童發展
- B** 範疇二：促進兒童健康、愉快及均衡的發展
- C** 範疇三：促進家長身心健康
- D** 範疇四：促進家校合作與溝通

推行時段 Period	2023 8月	2023 10月	2023 11月	2023 12月	2024 2月	2024 3月	2024 5月
範疇 Strand	A 認識兒童發展 Understanding of Children Development		B 促進兒童健康、愉快及均衡的發展 Promotion of a Healthy, Happy and Balanced Development of Children				
題目 Topic	1. 小一新生適應暨親子活動 Primary 1 Orientation		1. 正向教育家長講座 Positive Education Parent Seminar 2. 認識自閉症特色 Recognize the characteristics of autism 3. "新世代孩子"電子產品之力量 The Power of "New Generation Kids" Electronic Product 4. 正向教育親子活動 Positive Education Parenting Group 5. 預防及處理行為問題 Preventing and Dealing with Behavior Problems 6. 如何面對SEN子女"性疑惑" How to deal with SEN children's "sexual doubts"				

Strand I : Understanding of Children Development

Strand II : Promotion of a Healthy, Happy and Balanced Development of Children

Strand III : Promotion of Parents' Physical and Psychological Well-being

Strand IV : Fostering Home-school Co-operation and Communication



2023 10月	2023 11月	2023 12月	2024 1月	2024 3月	2024 4月	2024 5月	2023 9月	2023 11月	2023 12月
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促進家長身心健康

Promotion of Parents' Physical and Psychological Well-being

1. 樂聚日霖
Joy together in YYL
2. 心靈健康"手沖咖啡"家長工作坊
"Hand-Drip Coffee" Workshop for Parents
3. 心靈健康"咖啡拉花"家長工作坊
"Coffee Latte Art" Workshop for Parents
4. 正向教育親子溝通技巧
Positive Education Parent-child Communication Skills
5. "藝術體驗"家長工作坊
"Art Experience" Parent Workshop



促進家校合作與溝通

Fostering Home-school Co-operation and Communication

1. 「家長學堂」開學禮暨
「我的神奇旅程」分享會
The Parents' Academy Opening Ceremony and "My Magical Journey" Sharing Event
2. 健康校園活動：親子攀石
Parent-child Sport climbing
3. 開心「動」起來親子健體舞
工作坊
Parent-child fitness dance workshop



* 獎勵方式 *

Reward System


為鼓勵家長積極參與學堂課程，我們會採用學分計算形式，記錄家長每次的參與，出席每項的講座或活動(不論該活動次數，均作一次活動計算)，可獲取10學分，學分計算如下：

In order to encourage parents to actively participate in school activities, credit calculation will be used to record parents' participation and attendance. 10 credits can be obtained from each activity, regardless of the number of sessions in that activity. The credits are calculated as follows:

全學年所獲學分 The total number of credits	獎勵 Reward
120分或以上及參與四個不同範疇 (120 marks or above)	「一級榮譽家長學堂畢業證書」及禮物一份 First Class Honors
100分或以上及參與兩個不同範疇 (100 marks or above)	「二級榮譽家長學堂畢業證書」及禮物一份 Second Class Honors
70分或以上 (70 marks or above)	「家長學堂畢業證書」及禮物一份 The Parents' Academy graduation certificate

報名方法

Registration Method



學校將於每次活動前以**通告及 GRWTH平台**形式發放詳細內容，請家長密切留意並簽回相關通告。 The school will distribute detailed information about each activity through **notices and the GRWTH platform** prior to the event. Parents are advised to pay close attention to these notices and sign them accordingly.

