



23-25/PTA016

家長興趣班意見調查

2023-2025 年度  
第二十屆(第二年度)  
家長教師會委員會

家長教師會主席：  
周秀玲女士

第一副主席兼宣傳：  
鍾海燕女士

第二副主席：  
張錦添副校長

第三副主席兼總務：  
劉美英女士

第四副主席兼康樂：  
楊雅鈞女士  
李靜儀主任

秘書：  
張健莉女士  
廖禧滢老師

司庫：  
梁婉兒女士  
廖禧滢老師

顧問：  
陳月平校長

敬啟者：

家教會將於4月-7月舉辦興趣班給家長及子女參加，以增進親子關係、理解子女的發展需要及促進家長之間的交流與合作。

興趣班安排如下：

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| (A) 養生湯水工作坊(5月12日)    | 由註冊中醫師介紹保持身體健康的時令湯水食譜和製作一款當季湯水；並講解中醫的養生理念及常見的中醫保健方法。 |
| (B) 至「營」餐盒製作工作坊(4-5月) | 由熱愛烹飪的導師介紹營養餐盒食譜及製作一款餐盒，並講解均衡飲食與學習的關係。               |
| (C) 好「煮」意(4-6月)       | 導師為熱愛烹飪的資深社工。教導家長製作一款亞洲美食，並與家長探討年青人的內心世界，加強親子溝通技巧。   |
| (D) 金盞花膏DIY工作坊(4-5月)  | 由資深導師教授。家長可親手以天然材料製作有效舒緩及修護敏感肌膚的金盞花膏。                |
| (E) 白蘭花香膏DIY工作坊(4-5月) | 由資深導師教授。家長可親手以天然材料製作護膚白蘭花香膏。                         |
| (F) 美甲體驗班(4-7月)       | 由經驗美甲師教授。講解手部、足部及指甲的結構，教授護理、修甲、基礎美甲凝膠製作技巧和藝術花甲技術。    |
| (G) 玻璃盆景工作坊(5月)       | 由本校老師教授。家長可以發揮創造力，設計出獨特而美麗的盆景作品美化室內環境。               |
| (H) 端午節粽子製作工作坊(5月)    | 由家長義工教授。製作應節粽子，共享烹飪樂趣。                               |

(I) 艾草足浴包 DIY 工作坊(6 月)

由資深導師教授，家長可親手製作使人放鬆、舒緩疲勞，改善睡眠質素的足浴養生包。

(J) 爸媽的幸福秘笈：進入孩子的思維世界工作坊(4-7 月)

由資深臨床輔導專家分享「認識子女四部曲」：1. 青春期初探、2. 「有型父母」秘笈、3. 「邁進初中路與鞏固親子情」的方法及 4. 與子女有效對話技巧，從而增進親子關係。

(K) 親子燒烤同樂日(7 月的星期六)

讓家長、學生和老師聚首一堂，增進家長與學生的感情，加強親子與師生之間的聯繫，促進家校合作。

為使資源能妥善運用，請有興趣參與興趣班的家長在回條中選擇合適的時間；家教會將根據調查結果決定是否舉辦興趣班及興趣班的舉行時間，有興趣家長請於 3 月 28 日或以前回覆本通告，以便學校作出安排。

如有查詢，請聯絡廖禧滢老師、張錦添副校長或致電 2461 1555（代轉）與本人聯絡。

此致

家長教師會會員

裘錦秋中學（屯門）  
第二十屆家長教師會主席



謹啟

（周秀玲）

二零二五年三月十八日

**PTA Circular**  
**23-25/PTA016**  
**Parent Interest Classes Survey**

Dear Parents,

The PTA will hold interest classes for parents and their children from April to July 2025 to enhance parent-child relationship, understand children's developmental needs, and encourage communication and cooperation among parents.

Details of Interest Classes are as follows:

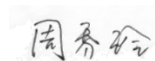
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| <p>(A) Cantonese Soup Cooking Workshop (12 May 2025)</p> <p>The instructor is a Registered Chinese Medicine Practitioner. He will introduce seasonal soup recipes and prepare a seasonal soup; and also explain the principles of health preservation in Traditional Chinese Medicine as well as common Chinese health care methods.</p> <p>(B) Healthy Eating Workshop (April to May 2025)</p> <p>The instructor is an experienced social worker and a cooking enthusiast. He will introduce nutritious lunch box recipes and demonstrate how to prepare them, as well as explain the relationship between balanced diets and learning.</p> <p>(C) Understanding Teen Psychology through Cooking (April to June 2025)</p> <p>The instructor is a passionate experienced social worker who teaches parents how to prepare an Asian dish and engages them in discussions about the inner world of young people to enhance parent-child communication skills.</p> <p>(D) Calendula Cream DIY Workshop (April to May 2025)</p> <p>Taught by experienced instructor, parents can make their own calendula cream with natural ingredients to effectively soothe and repair sensitive skin.</p> <p>(E) White Orchid Cream DIY Workshop (April to May 2025)</p> <p>The experienced instructor will teach parents to make their own skincare white orchid cream with natural ingredients.</p> <p>(F) Nail Art Workshop (April to July 2025)</p> <p>The instructor is an experienced Manicurist. She will explain the structure of hands, feet and nails, as well as techniques for care, nail trimming, basic nail gel making skills and artistic nail art skills.</p> |
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- (G) Terrariums Making Workshop (May 2025)  
Under the guidance of the teachers of our school, parents can express their creativity by designing unique and beautiful terrariums to enhance the indoor environment.
- (H) Dragon Boat Festival Zongzi Making Workshop (May 2025)  
Parents will gather together to make Zongzi and share the fun of cooking.
- (I) Mugwort Foot Bath Kit DIY Workshop (June 2025)  
The experienced instructor will teach parents to make their own foot bath kits that can relax the human body, relieving fatigue, and improving sleep quality.
- (J) Parent Education Workshop (April to July 2025)  
Senior Counselling Expert will share the "Four steps to understand Children": 1. Initial study of puberty, 2. Stylish Parent" cheats, 3. Ways to transition to junior secondary school and strengthen parent-child relationship and 4. Effective dialogue skills with children to enhance parent-child relationship.
- (K) Family BBQ Fun Day (Saturday of July 2025)  
Parents, students, and teachers can come together to enhance the relationship between parents and students, strengthen the connection between them, and foster home-school cooperation.

To ensure the proper use of resources, parents interested in participating in the interest classes are required to select suitable options in the reply slip. The PTA will decide whether to hold the interest classes and their schedules based on the survey results. Parents who are interested should reply to this notice on or before March 28, 2025, so that the school can make arrangements.

Should you have any enquiries, please contact Ms. Lio Hei Ieng, VP Mr. Cheung Kam Tim or me on 2461 1555 (extension).

Yours faithfully,



Zhou Xiuling  
Chairperson  
March 18, 2025