



裘錦秋中學(屯門)  
Ju Ching Chu Secondary School (Tuen Mun)

地址：香港屯門楊青路 28 號

Address: 28 Yeung Tsing Road, Tuen Mun, Hong Kong

網址 Web site: <http://www.jcctm.edu.hk>

電話 Tel.: (852)-2461 1555

傳真 Fax: (852)-2464 6161

電郵 E-mail: [mail@jcctm.edu.hk](mailto:mail@jcctm.edu.hk)

家長通告 2024-2025/260  
「WE」正向動力計劃家長培訓工作坊

敬啟者：

教育局與浸信會愛群社會服務處將於 3 月 6 日（星期四）晚上舉辦家長培訓工作坊，現誠邀家長參加。有興趣的家長請於 2 月 25 日或之前回覆本通告，以便教育局作出安排。名額有限，先到先得。參加者名單將於 3 月 5 日透過 eClass 公布。如有查詢，請與項目主任周樂婷女士（電話：2863 4684）聯絡。

詳情如下：

主題：轉躁為靜 Magic Words

日期：2025 年 3 月 6 日（星期四）

時間：下午 7 時正至 8 時 30 分

地點：網上模式（透過 Zoom 應用程式進行）

內容簡介：

1. 暴躁/躁動的形成：了解孩子情緒暴躁的根本原因，包括心理和環境因素，幫助家長識別出潛在的問題；
2. 暴怒從何而來：分析孩子暴怒的來源，深入探討情緒觸發的情境和背景，讓家長更好地理解孩子的行為；
3. 由負轉正的魔法語：介紹一些有效的溝通技巧和情緒管理方法，幫助家長引導孩子將負面情緒轉化為積極的表達，促進健康的表達。

此致  
貴家長

裘錦秋中學(屯門)

陳月平校長謹啟

二零二五年二月二十一日



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**Parents Circular**  
**2024-2025/260**  
**"WE" Positive Energy Project Parent Training Workshop**

Dear Parents / Guardians,

The Education Bureau and the Baptist Oi Kwan Social Service will hold a parent training workshop on the evening of March 6th, 2025. We sincerely invite parents to participate. Interested parents, please reply to this notice on or before February 25th, 2025, so that the Education Bureau can make arrangements. A limited quota for each workshop will be offered on a first-come, first-served basis. The list of participants will be announced on March 5, 2025 via eClass. For any enquiries, please contact Ms. Chow Lok-ting, Project Officer, at 2863 4684.

Details:

Theme: Magic Words: Turning Agitation into Calm

Date: March 6, 2025 (Thursday)

Time: 7:00 PM to 8:30 PM

Location: Online (via Zoom)

Content:

1. Understanding the Roots of Agitation: Learn about the underlying causes of children's emotional volatility, including psychological and environmental factors, to help parents identify potential issues.
2. Where Anger Comes From: Analyze the sources of children's anger, exploring the contexts and backgrounds that trigger emotions, enabling parents to better understand their children's behavior.
3. Transforming Negativity into Positivity with Magic Words: Introduce effective communication techniques and emotional management methods to help parents guide children in transforming negative emotions into positive expressions, promoting healthy communication.

Yours faithfully,

Chan Yuet Ping  
Principal  
February 21, 2025