



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

家長通告 2024-2025/314

「WE」正向動力計劃家長培訓工作坊 2

敬啟者：

教育局與香港城市大學正向研究室於 4 月 2 日（星期三）晚上舉辦家長培訓工作坊，現誠邀家長參加。是次講座將探討如何幫助家長與孩子建立良好的人際關係，從而促進孩子的健康成長與幸福感；讓家長能夠獲得實用的技巧與策略，為孩子的健康成長打下良好基礎。

有興趣的家長請於 3 月 29 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 4 月 1 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：如何建立正向人際關係

日期：2025 年 4 月 2 日（星期三）

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）

講者：註冊社工 郭啟晉先生

內容簡介：

1. 正向回應技巧：介紹有效溝通的技巧，家長如何有效地與孩子溝通；
2. 欣賞文化的重要性：分享如何在家庭中創造一個鼓勵欣賞的環境，增進彼此之間的理解和信任；
3. 表現同理心：提供具體例子，幫助家長在日常生活中表現同理心，支持孩子的情感需求。

此致

貴家長

裘錦秋中學(屯門)

陳月平校長謹啟

二零二五年三月二十六日



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

Parents Circular
2024-2025/314
"WE" Positive Energy Project Parent Training Workshop 2

Dear Parents / Guardians,

The Education Bureau and the Positive Education Laboratory at City University of Hong Kong will hold a parent training workshop on the evening of April 2, 2025. We sincerely invite parents to participate. This seminar will explore how to help parents build positive relationships with their children, thus promoting their healthy growth and well-being. Parents will acquire practical skills and strategies to lay a solid foundation for their children's healthy development.

Interested parents, please reply to this notice on or before March 29, 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 April 1, 2025 via eClass. For any enquiries, please contact Ms. Chow Lok-ting, Project Officer, at 2863 4684.

Details:

Theme: How to Build Positive Interpersonal Relationships

Date: April 2, 2025 (Wednesday)

Time: 7:00 PM to 8:30 PM

Location: Online (via Zoom)

Speaker: Mr. Remus Kwok, RSW

Content:

1. Positive Response Skills: Introducing effective communication techniques for parents to communicate effectively with their children.
2. Importance of an Appreciation Culture: Sharing how to create an environment of appreciation within the family to enhance understanding and trust among members.
3. Demonstrating Empathy: Providing concrete examples to help parents express empathy in daily life and support their children's emotional needs.

Yours faithfully,

Chan Yuet Ping
Principal
March 26, 2025