

國民學校
KWOK MAN SCHOOL

Circular No.134E/25
(For whole school)

Phone : 29810432
Fax : 29816345



Address: 30 Kwok Man Road Cheung Chau

14th November, 2025

Parent Education: 3-Session Parent-Child Workshop Series

Dear Parents/Guardians,

To enhance parent-child relationships and communication, the school will be hosting a **3-session parent-child workshop series** from November to December 2025. Each session will use a relaxed approach, incorporating interactive parent-child mini-games, practice time, and sharing to deliver parent education. The series also includes a parent-child art stress-relief workshop designed to promote physical and mental well-being through fun and learning. The details of the arrangements are as follows:

Date	Parent Education Theme (Approx. 45 mins per session)	Art Stress-Relief Workshop (Approx. 45 mins per session)
Nov 22 (Sat)	Effective Stress Management Techniques Learn to identify common sources of daily stress and master practical relaxation techniques to improve the family atmosphere. Through situational role-play, help parents turn stress into positive parent-child interaction opportunities.	Decoupage Creative Canvas Bag Making Parents and children jointly use collage and composition to transform materials into unique canvas bag art, unleashing creativity. Experience focus and a sense of achievement through the crafting process, releasing stress and promoting parent-child communication through hands-on activity.
Dec 6 (Sat)	Emotional Wellness - Expression and Handling Strategies Understand the relationship between emotional expression and family support. Learn simple emotional awareness methods, master "emotional vocabulary" and "empathetic response," and enhance emotional understanding between parents and children.	Christmas Wreath Making Parents and children collaboratively create a festive wreath using natural materials and decorations, fostering positive emotions and family cohesion during the creation process. The instructor will combine the wreath's symbolism to guide parents and children to share wishes and gratitude, practicing open emotional expression.
Jan 10 (Sat)	How to Set Boundaries with Your Children Learn strategies for setting parent-child boundaries, focusing on establishing clear and flexible family rules based on respect and trust. Through case sharing, master how to guide children to understand the meaning and importance of boundaries.	Preserved Flower Custom Resin Alphabet Keychain DIY Parents and children jointly design unique preserved flower resin alphabet keychains, using art creation to soothe emotions and relax. The process of coordinating design and production naturally implements "choice" and "responsibility boundaries," thereby enhancing parent-child interaction and communication.
Activity Time	12:00 PM - 1:30 PM	
Venue	G/F School Hall	
Capacity	Max. 20 parent-child pairs per session	
Co-organizer	GPS EDUCATION CENTRE	

Please fill out the reply slip and return it to the class teacher by or before November 19. To ensure every interested parent has an opportunity to participate, the school will strive to allocate places as evenly as possible. If the number of applicants exceeds the available slots after allocation, selection will be determined by a lucky draw. The selection results will be announced via E-Class SMS message before November 21. For any inquiries, please feel free to contact Ms. Tam Cheuk Yan (譚卓欣老師).



Mr. Lo Wan Kai (Supervisor)
Ms. Kwok Yuen Ki (Principal)

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I, the undersigned, and my child ***agree / disagree** to participate in the Parent Education: 3-Session Parent-Child Workshop Series.

**☐22nd November ☐6th December ☐10th January

*Please delete whichever is inapplicable

**For those who agree, please tick the applicable date(s). (More than one day may be selected)

Name of students: _____ Class: _____

Parent's signature: _____ Tel: _____

Date: _____