

國民學校
KWOK MAN SCHOOL

Circular No. 201E/24
(Applicable to the whole school)

Phone : 29810432

Fax : 29816345



Address: 30 Kwok Man Road Cheung Chau

14th March, 2025

“Caring for Their Heart and Soul, Growing along with Your Children”

Parent Education Talk Series

Dear Parents/Guardians,

The Education Bureau (EDB) attaches great importance to students' healthy development. Parents play an important role in supporting students' growth, nurturing their positive attitude, as well as promoting their whole-person development. To enhance parents' awareness and ability of addressing children's mental health, EDB has commissioned the Hong Kong Children & Youth Services to organise the “Caring for Their Heart and Soul, Growing along with Your Children” Parent Education Talk Series for parents of primary and secondary students **from March to May 2025**.

Our school has all along been actively promoting home-school co-operation and parent education. We encourage parents to actively participate in the talks to acquire the knowledge and skills for enhancing the mental health of children. The talks cover topics related to mental health of children, including supporting children to lead a healthy life, conflict management, using digital devices wisely, strengthening adaptability and resilience, stress management as well as understanding and taking care of children with mental health needs. The talks will be delivered in both face-to-face and online modes.

For details and enrolment method of the “Caring for Their Heart and Soul, Growing along with Your Children” Parent Education Talk Series, please refer to Annex 1.



Mr. Lo Wan Kai (Supervisor)


Ms. Kwok Yuen Ki (Principal)

“Caring for Their Heart and Soul, Growing along with Your Children”
Parent Education Talk Series
(2024/25 School Year)


Details and Enrolment Method:

Mode of delivery: face-to-face and online
 No. of face-to face participants: 60 (no limit for the number of online participants)
 Medium of instruction: Cantonese
 Deadline for Enrolment: 7 days prior to the talk

Parent Education Talk Series for Parents of Primary Students:

Date and Time	Topic	Venue	Enrolment Method
14 March 2025 (Fri) 7:00 p.m. – 9:00 p.m.	Handling Children’s Anxiety Starting with Healthy Lifestyle	Christian Alliance Cheng Wing Gee College 12-14 Chik Wan Street, Tai Wai, Sha Tin	
22 March 2025 (Sat) 10:00 a.m. – 12:00 noon	Journey of Mindfulness: Unlocking the Secret to Healthy Emotions		
28 March 2025 (Fri) 7:00 p.m. – 9:00 p.m.	Understanding Children’s Stress Building Resilience		
5 April 2025 (Sat) 10:00 a.m. – 12:00 noon	Addressing Children’s Internet Addiction in Changing Circumstances	Jockey Club Fong Shu Chuen Integrated Children & Youth Services Centre G/F & 1/F, Block 18, Site 2, Whampoa Garden, Hung Hom, Kowloon	
11 April 2025 (Fri) 7:00 p.m. – 9:00 p.m.	“Empathy and Friendship” Supporting Children in Developing Healthy Peer Relationship	Christian Alliance Cheng Wing Gee College 12-14 Chik Wan Street, Tai Wai, Sha Tin	

Parent Education Talk Series for Parents of Secondary Students:

Date and Time	Topic	Venue	Enrolment Method
12 April 2025 (Sat) 10:00 a.m. – 12:00 noon	Having Fun on “Net” Fostering Parent-child Interaction	Christian Alliance Cheng Wing Gee College 12-14 Chik Wan Street, Tai Wai, Sha Tin	
2 May 2025 (Fri) 7:00 p.m. – 9:00 p.m.	Mindful Parenting Managing the Turbulence in Adolescence		
3 May 2025 (Sat) 10:00 a.m. – 12:00 noon	“Empathy and Friendship” Supporting Children in Developing Healthy Peer Relationship		
16 May 2025 (Fri) 7:00 p.m. – 9:00 p.m.	Identifying and Supporting the Mental Health Needs of Children		
24 May 2025 (Sat) 10:00 a.m. – 12:00 noon	Supporting Adolescents in Developing Resilience	Jockey Club Fong Shu Chuen Integrated Children & Youth Services Centre G/F & 1/F, Block 18, Site 2, Whampoa Garden, Hung Hom, Kowloon	

Interested parents can scan the QR codes in the table to complete and submit the electronic application form. For enquiries on enrolment matters, please contact Ms CHOI of the Hong Kong Children & Youth Services on 2606 7644.

Remarks:

- (1) Applicants should ensure that the email address provided is accurate for receiving the confirmation notification, information of the talks and login details for online participation.
- (2) Enrolment will be processed on a first-come-first-served basis. Successful applicants will receive an email notification. If the face-to-face delivery is full, participants will be arranged to attend the talks online.
- (3) No parking space will be provided for participants at the venue.
- (4) In the event that the talks are cancelled due to inclement weather or other special circumstances, notification of the make-up talks will be made in due course.