

爸媽，我升小一啦！

**I PROMOTE TO PRIMARY ONE,  
DAD AND MUM!**



升上小一面對的轉變

# **THE CHANGES OF P.1 PROMOTION**

三個「新」 Three “New”

- 1. 環境 Environment**
- 2. 老師 Teachers**
- 3. 同學 Classmates**

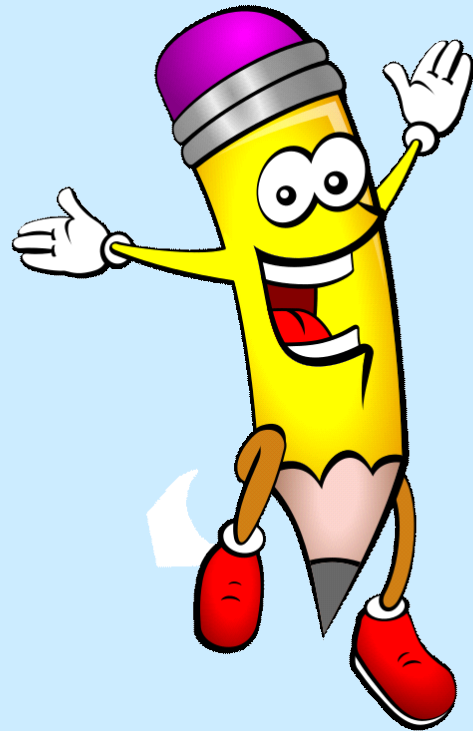
# 最大的轉變

## THE BIGGEST CHANGES

1. 上學時間長 Longer school time
2. 學習內容多了 More subject contents  
(中、英、數、常、倫宗、音、體、視藝、圖書、  
資訊科技、生活教育 Chinese, English,  
Maths, G.S. , Religious Studies, Music, P.E.  
Visual Arts, Library Lesson, I.T. and Life  
Education )

# 父母如何協助子女順利過度 小一生活

**HOW DO PARENTS HELP THEIR CHILD  
TO ADAPT THE LIFE OF PRIMARY ONE?**



從校園生活做起

**STARTING FROM SCHOOL LIFE**

協助子女建立良好的自我形象

**Assist your child to build  
up a good self-image**

1. 外觀整齊，準備多一套校服以便替換 Neat appearance, prepare one more set of school uniform for changing purpose



# 其他衣物

## Other clothing items





## 2. 減輕書包重量，輕鬆上學

Reduce the weight of the school bag,  
back to school happily



選購有護脊功能的  
書包 Choose the  
school bag with  
spine protection



不宜選購有轆的書包，  
更傷脊骨

Don't choose the school  
bag with wheels which  
will hurt one's spine



書包物品盡量簡便 Simplify the stationery

例如 For example



### 3. 為子女準備好午膳的安排

## DO PREPARATION FOR YOUR CHILD ON THE ARRANGEMENT OF LUNCH





學校訂飯有餐盤、餐具有送給學生

**STUDENTS WHO ORDER LUNCH AT SCHOOL  
WILL HAVE A LUNCH TRAY(TO BE USED AT  
SCHOOL) AND A SET OF CUTLERY**







所有物品寫上子女的名字和班別

Label all your child's belongings with  
name and class

# 4. 自理能力的訓練

## TRAINING ON SELF-CARE SKILLS



- (1) 舉手告訴老師有需要上廁所/  
分辨甚麼時候舉手(高層  
次) Raise hand to tell teacher if  
there is a need to go to the  
toilet / **identify the proper time  
to raise hand**(high level)
- (2) 如何清潔和洗手 How to  
clean and wash hands
- (3) 記住帶紙巾  
Remember to bring tissues

認讀每科的書本和學習收拾書包

# RECOGNIZE AND NAME THE TEXTBOOK OF EACH SUBJECT AND LEARN HOW TO PACK HIS/HER SCHOOL BAG





拾書包 **PACKING SCHOOL BAG**

筆袋 **pencil case**

白色透明袋 **white transparent bag**

水樽 **water bottle**

餐具 **cutlery**

書本 **textbooks and workbooks**

簿 **exercise books**

白色透明袋 **WHITE**  
**TRANSPARENT BAG**

父母在暑期的準備工作

# PARENTS' PREPARATION WORK IN SUMMER HOLIDAY

1. 建立有規律的生活 Build  
up daily routines



Please  
Turn off Your  
Mobile Phones



早睡早起

GO TO BED  
EARLY AND

WAKE UP EARLY

父母面對電子產品的煩惱

## **PARENTS' STRESS ON ELECTRONIC DEVICES**

面對這個問題的大方向

### **DIRECTIONS ON FACING THIS PROBLEM**

**1.** 限制玩機的時間，計時器

### **SET THE TIME LIMIT USING A TIMER**

**2.** 與這種玩意競賽，及早為子女發掘興趣

### **DISTRACT YOUR CHILD FROM ELECTRONIC DEVICES BY DEVELOPING HIS/HER OWN INTERESTS**

**3.** 延遲孩子擁有自己手機或電子產品

### **DELAY YOUR CHILD TO HAVE HIS/HER OWN MOBILE OR ELECTRONIC DEVICES**

## 2. 寓訓練於娛樂

**Practise through  
entertainment**

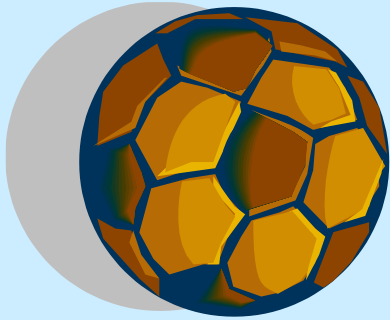
**把握基礎訓練的黃金期**

**Grasp the golden period  
of fundamental training**

# 訓練子女的大小肌肉

## MUSCLE TRAINING OF YOUR CHILD

大肌肉Big muscles

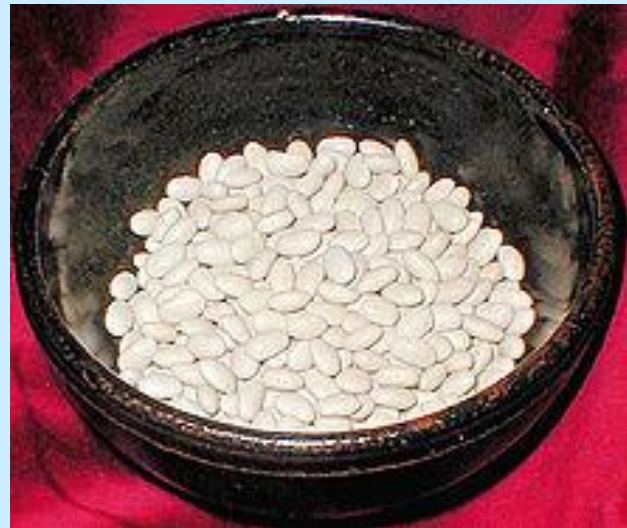


# 小肌肉 **SMALL MUSCLES**









# 拾豆方法 **PICKING UP BEANS**

1. 大豆 **Big beans**

2. 中型豆 **Medium sized beans**

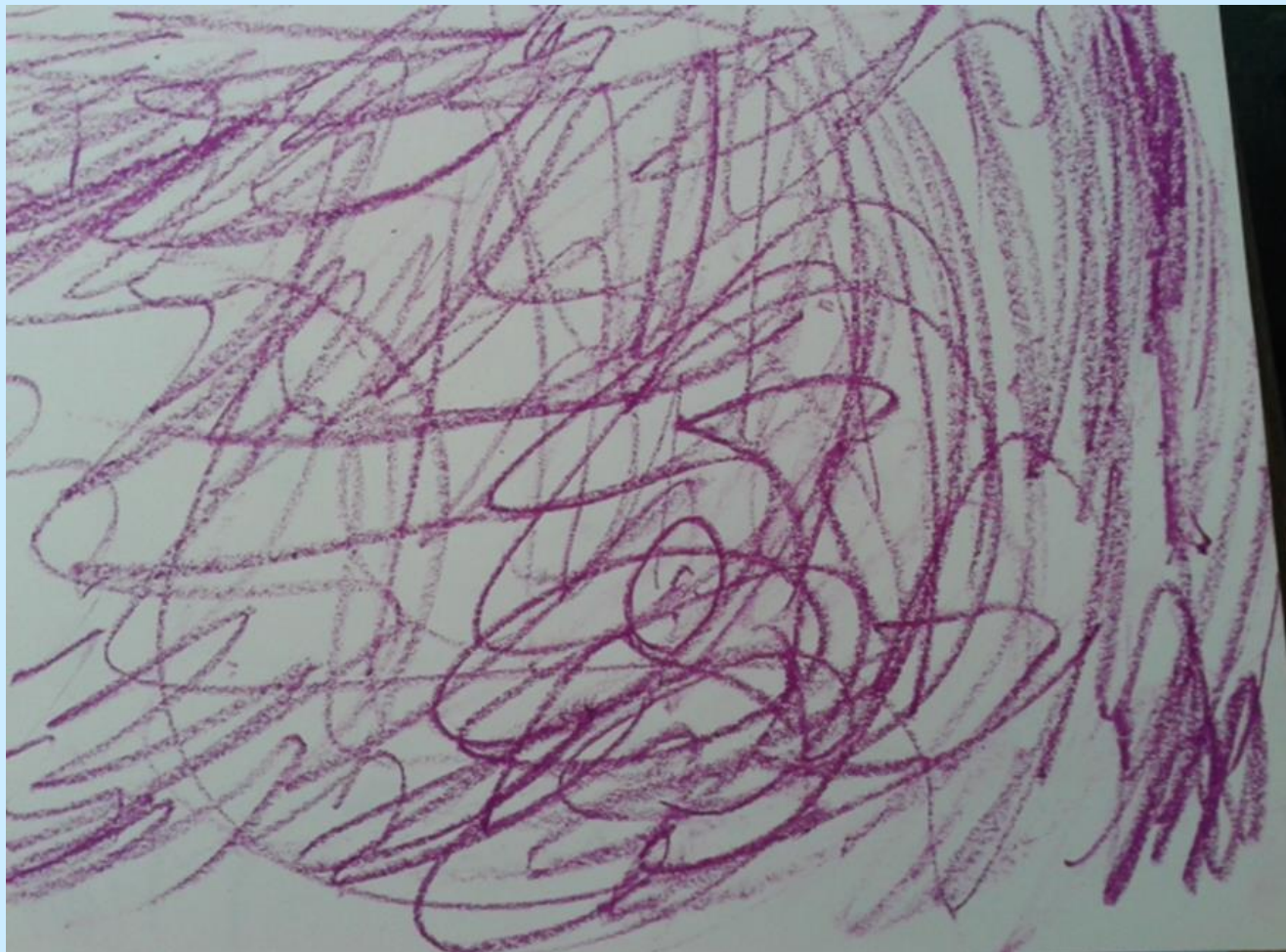
3. 小豆 **small beans**

4. 手 **hand** → 筷子 **chopsticks** →  
運送 **delivery**

耐性, 專注

**PATIENCE, CONCENTRATION**

# 塗鴉 Graffiti



<https://youtu.be/UxqzlyjbUDc>

(宮崎俊音樂)

Hayao Miyasaki Shun's Music



# 幻想 Imagination



語音 003.m



問題咭

Question

cards



# 圖書閱讀

# STORYTELLING



# 3. 為孩子物色有系統的課外活動

## CHOOSE SYSTEMATIC EXTRA-CURRICULAR ACTIVITIES FOR YOUR CHILD



準備將來入校隊作  
為階段性的發展

**Prepare for the  
enrollment of school  
team as a phase of  
development**

# 參考網址 **USEFUL WEBSITES**

途徑Link :

教育局網頁→課程發展→主要教育層面→學前教育→課程資源/  
參考資料→幼小銜接

<https://www.edb.gov.hk/tc/curriculum-development/major-level-of-edu/preprimary/curriculum-resources.html>

Interface Between Kindergarten and Primary School

有豐富參考資料及相關資料

**Lots of useful references and related resources**

幼小銜接

**INTERFACE BETWEEN KINDERGARTEN AND  
PRIMARY SCHOOL**

**1. 我家孩子上小學—家長錦囊**

**MY CHILD GOES TO PRIMARY  
SCHOOL – PARENTS' KIT**

**2. 升學了 PROMOTED TO THE  
NEXT LEVEL**

其他

OTHERS

如何協助子女

減輕書包重量

**How do parents help to  
reduce the weight of  
their child's school bag?**





給孩子  
To your child

為子女好好準備  
小一生活

PREPARE YOUR CHILD FOR  
THE NEW LIFE IN PRIMARY  
ONE



# 給父母

## To parents

先照顧好自己

Parents should take care  
of themselves first

你們的孩子是獨一無二

YOUR CHILD IS  
UNIQUE



謝謝

Thank

you