

東涌天主教學校
2025-2026 年度
家長教育計劃

	2025-2026 年度
範疇一：認識兒童發展	<ul style="list-style-type: none"> ➤ 「小小金錢觀」家長工作坊 ➤ 主題: SEN 特質/管教注意 (strength base) 講座(中文版) ➤ 主題:SEN 特質/管教注意 (strength base) 講座(英文版) ➤ 「伴童成長路」正向管教家長小組 ➤ 處理親子衝突及壓力工作坊
範疇二：促進兒童健康、愉快及均衡的發展	<ul style="list-style-type: none"> ➤ 如何應對孩子過度上網講座 ➤ 「時間指導員」家長工作坊 ➤ 非華語親子工作坊 ➤ 親子同抱抱-親子活動 ➤ 正向管教家長小組 ➤ 親子正向溝通 LEGO 小組
範本三：促進家長身心健康	<ul style="list-style-type: none"> ➤ 家長禪繞班 ➤ 「耐性的秘密」家長工作坊 ➤ 非華語家長每月聚會 ➤ 照顧「心·聆」家長小組
範疇四：促進家校合作與溝通	<ul style="list-style-type: none"> ➤ 中藥甜品親子工作坊 ➤ 中藥精油手工皂親子工作坊 ➤ 「愛·在中秋」親子提燈晚會 ➤ 參觀昂船州軍營 ➤ 家長義工聚會&培訓 ➤ 東天爸媽加油站 ➤ 「守護童心」非華語家長大使

Tung Chung Catholic School

Parent Education Program for the 2025-2026 Academic Year

	2025-2026 Academic Year
Strand I: Understanding of Child Development	<ul style="list-style-type: none">• "Little Money Awareness" Parent Workshop• Topic: SEN Characteristics/Discipline Considerations (Strength-Based) Lecture (Cantonese)• Topic: SEN Characteristics/Discipline Considerations (Strength-Based) Lecture (English)• "Growing Together with Children" Positive Discipline Parent Group• Workshop on Handling Parent-Child Conflict and Stress
Strand II: Promotion of Healthy, Happy, and Balanced Development	<ul style="list-style-type: none">• Lecture on How to Address Children's Excessive Internet Use• "Time Guide" Parent Workshop• Non-Chinese Speaking Parent-Child Workshop• Parent-Child Hugging Activity• Positive Discipline Parent Group• Parent-Child Positive Communication LEGO Group
Strand III: Promoting of Parents' Physical and Psychological Well-being	<ul style="list-style-type: none">• Parent Zentangle Class• "Secrets of Patience" Parent Workshop• Monthly Gathering for Non-Chinese Speaking Parents• Caring for "Heart · Listening" Parent Group
Strand IV: Fostering Home-School Cooperation and Communication	<ul style="list-style-type: none">• Traditional Chinese Medicine Dessert Parent-Child Workshop• Traditional Chinese Medicine Essential Oil Soap Parent-Child Workshop• Love in the Mid-Autumn Festival• Visit to the Ngong Shuen Chau Military Camp• Parent Volunteer Meetings & Training• Tung Chung Parent Support Station• "Guarding Children's Hearts" Non-Chinese Speaking Parent Ambassadors