

家長教師會

CCC KWEI WAH SHAN COLLEGE
PARENT-TEACHER ASSOCIATION

二零二三年七月
July, 2023

主席的話

大家好，今年本會為建立更密切的親子關係，故特別於4月29日星期六安排了「家長教師會親子旅行」活動。



我們來到九龍公園內的百鳥苑。

當天第一站便來到九龍公園。我們參觀了公園內的兒童歷奇樂園、石景瀑布的中國花園及飼養了多個品種及許多雀鳥的百鳥苑等。在優美的綠林中，各式鳥兒悠閒地梳理美麗的羽毛，成群結隊的白鶴在水中嬉戲，讓人心情舒暢。

第二站來到香港歷史博物館。我們逐一細賞香港及南中國一帶的考古發現、珍貴文物、民俗風情及百年品牌資料等，認識了香港衣食住行各方面的歷史文化，加深大家對昔日香港發展和輝煌歷史的了

午餐時間來到位於灣仔的一家清真寺穆斯林餐廳，我們品嚐了咕嚕魚塊、牛松煎蛋、洋蔥牛肉、避風塘炒雞、蒜香杏鮑菇和蒜蓉炒時蔬，味道十分不錯哦！

下午我們遊覽香港標誌性地標一金紫荊廣場。我們看著廣場上「永遠盛開的紫荊花」，遠望中環的摩天巨輪，飽覽沿海景色，心中不禁產生一種香港永遠繁榮昌盛的念頭。



一齊遊覽金紫荊廣場！

當天最後我們到訪前身是鯉魚門砲台的香港海防博物館。展覽廳中展示自唐代以來香港的海防和軍事變遷，以及香港抵禦日本侵華的歷史。館中陳列出種類豐富的展品，更輔以文字及圖片說明，加上多媒體視聽節目，用聲影述說抗戰經歷，讓我們加深了對香港海防歷史的認識。

我們整天的行程豐富多姿，既能欣賞美麗的山水風景，又能探究香港歷史文化，各人皆留下美好的回憶。感激校長和老師在路程中照顧周全，更多謝各家長和同學的積極參與，令親子旅行得以順利完成。



主席蔡錦藝女士(右)擔任中六級畢業典禮頒獎嘉賓。



一眾家教會委員在香港歷史博物館內留倩影。

家長教師會主席
蔡錦藝女士



眾人在香港海防博物館前合照。

Chairperson's Message

Hi everyone. For building closer parent-child relationships, our Association specially organised a 'Parent-Teacher Association Family Day Trip' this year on 29 April Saturday.

The first stop that day was the Kowloon Park. In the park, we visited the Discovery Playground for children, the Chinese Garden with a rock cascade, as well as the Aviary which accommodated many kinds of birds. Surrounded by beautiful greenery, different breeds of birds preened their beautiful feathers at leisure, and flocks of white cranes played in the water, making people felt at ease.

The second stop was the Hong Kong Museum of History. From Hong Kong and the Southern China region, there were archaeological finds, precious cultural relics, information on folk customs and century-old brands etc. For each piece of which, we appreciated with care and got to know about the history of the different aspects related to the basic necessities of life in Hong Kong, and with our understanding deepened of the past development and glorious history of Hong Kong.

Lunch was at a Muslim restaurant situated in Wanchai where we savoured sweet and sour fish fillets, minced beef and fried eggs, sautéed beef and onions, stir-fried chicken in typhoon shelter style, fried king oyster mushrooms with garlic, and pan fried vegetables. All of which tasted good!

In the afternoon, we toured the iconic landmark - the Golden Bauhinia Square. Seeing the 'Forever Blooming Bauhinia' sculpture, looking afar at the Hong Kong Observation Wheel in Central, and feasting our eyes on the coastal scenery, we could not help but have the notion that Hong Kong would be forever prosperous in our mind.

The last place we visited that day was the Hong Kong Museum of Coastal Defence, formerly the Lei Yue Mun coastal defence fort. The exhibition hall showed the changes in coastal defence and military from the Qing Dynasty onwards, and also the history of Hong Kong's defence against the Japanese invasion. The museum displayed a wide variety of exhibits, which were supplemented with written and pictorial descriptions, as well as multimedia audio-visual programmes to provide sound and images in the narration of the anti-war experiences. They enabled us to have a greater understanding of the Hong Kong history of coastal defence.

Our itinerary for the entire day was varied and interesting, not only did we enjoy beautiful sceneries, but we were also able to explore the historical culture of Hong Kong. Everyone was left with wonderful memories. We are grateful to the Principal and the teachers for taking good care of us during the trip, and also to the parents and students for their active participation, which enables the parent-child trip to be carried out smoothly.



Our second stop was the Hong Kong Museum of History.



Both parents, teachers and students enjoyed a wonderful lunch gathering in a Muslim restaurant.



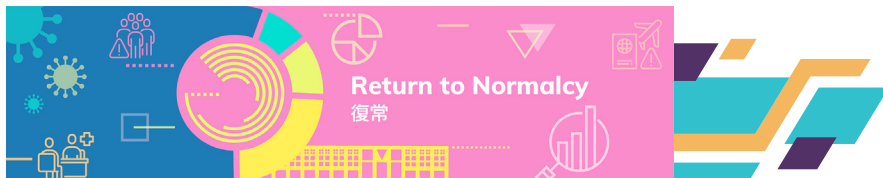
We took photo in front of the Hong Kong Convention and Exhibition Centre

Ms. Cai Jinyi
Chairperson of Parent-Teacher Association

校長的話

各位親愛的家長：

大家好！香港政府於2022年12月29日起，除了佩戴口罩令外，調整了本地防疫抗疫措施，包括撤銷界定密切接觸者、撤銷發出檢疫令、撤銷「疫苗通行證」要求、撤銷社交距離措施、調整檢測安排等。



黃仲良校長

在三年的生活中，口罩可以說是我們每日的必需品，甚至有些人覺得是「衣著」的一部分，缺少了就好像在眾人前「衣不蔽體」。記得疫情期間有一次乘升降機時，走進了一位中年婦人，各人並未注意到她沒有戴上口罩。過了一會，她突然醒覺自己未戴上口罩，立時用雙手掩蔽著口和鼻，低下頭，滿面通紅，顯得非常尷尬。當升降機門一開，她就奪門而出，飛奔了出去。



防疫抗疫措施最後一項的口罩令亦已於今年3月1日起取消，同學的學習及生活亦應步向復常之路。但在街上、在學校裡，發現有不少人仍戴著口罩生活。當中有同學擔心以「真面目」示人，偶爾脫下口罩時，讓人誤以為滿面鬍子的他是從深山跑出來的野人，或是個中年男人呢！有些同學在戴上口罩後，膽子也出奇地變大。以為有了口罩作掩護，就可在上課時吃糖，甚至作出搗蛋等行為。這真是自欺欺人啊！



對我們來說，三年的習慣，是很難在一夜之間就改變。我們的擔心是可以理解的，但是大家都明白，人總不能一世戴著口罩生活。隨著病毒轉弱，我們應該勇敢走出第一步，以身作則，除下口罩，幫助子女培養正確的態度及健康的生活習慣。這樣對小孩子的學習及成長是十分重要的。



我相信各位親愛的家長定會鼓勵及支持同學在適當的時候做適當的事情，繼續與學校並肩培育他們成為具備自信，以誠待人，且負責任的「華山人」。

祝願所有桂華山中學的師生及家長繼續經歷上主的恩典和臨在！

減輕孩子不安 5 貼士

1 解釋不用再戴口罩的原因

2 了解孩子不安的原因，作適當安撫

3 給孩子多點時間，慢慢接受和適應轉變

4 提醒孩子仍須保持洗手等衛生習慣

5 教導孩子尊重別人選擇和意願

黃仲良校長

2023年07月



黃仲良校長（中）與一眾同學展現開心笑臉。

Principal's Words



Mr. Wong Chung Leung

Dear Parents

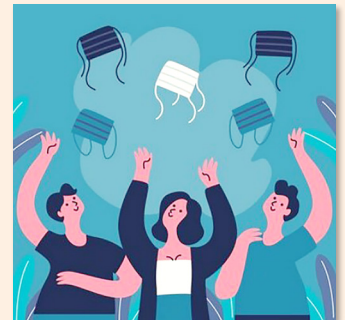
Hello everyone! The Hong Kong Government had adjusted the anti-pandemic measures starting from 29th December 2022 which included removing the definition of close contacts, ceasing issuance of quarantine orders, adjusting testing arrangements, removing the Vaccine Pass requirement, lifting social distancing measures, adjusting testing arrangements etc., with the exception of mandatory mask-wearing requirements.

In those three years of pandemic, mask wearing can be considered as our daily necessities, with some people even thinking them as part of their 'attire', and going without them would be like being dishevelled in public. There was one time when taking the lift, a middle-aged woman came in, and nobody noticed that she was not wearing a mask. After a while, she suddenly realised that she had not donned her mask, and immediately covered her mouth and nose with both hands, lowered her head, and appeared to be much embarrassed. When the lift doors opened, she rushed out of the lift.



The last anti-epidemic measure being the mask wearing had also been removed from 1 March this year, with students' learning and life have gotten back to normal. But, on the streets or in the school, there are still lots of people wearing masks. Amongst them are students who are worried about showing their faces to people. When a mask is removed occasionally, a person with a bearded face can be mistaken as a wild man out from the mountains, or that he is a middle-aged man! Some students after putting on their masks, become surprisingly audacious. Thinking that they can hide behind their masks, they would eat sweets, and even get themselves into mischiefs. This is self-deceiving!

To us, habits formed over three years cannot be changed overnight. People's concerns are understandable. However, they cannot wear masks forever. With the weakening of the virus, we should courageously take the first step, set an example, remove our masks, and help our children foster proper attitude and healthy habits. Such is important for children's learning and developments.



I believe every one of our dear parents would certainly encourage and support our students to do the right thing at the right time, and you would continue to work with the school in nurturing them to become confident, sincere and responsible 'Wahshianians'.

Wishing all the teachers and students of CCC Kwei Wah Shan to continue to experience God's grace and presence!

Mr. Wong Chung Leung
Principal
July 2023



Mr. Wong (middle) and students show happy faces without masks.

HKSAR MORE RELAXING POLICY OF COVID-19 IN PLACE IN HONG KONG NOW!

SEPTEMBER 26, 2022

- It is no longer necessary to present a negative nucleic acid testing (NAT) result to enter public places, including shopping malls, restaurants, bars, clubs, and other public places.
- For residents of Hong Kong, the vaccine requirement for boarding will be removed. Age 12 children and Hong Kong residents will continue to need to be completely vaccinated to have a medical exemption certificate.
- Quarantine arrangement upon arrival of Hong Kong will be changed to "D" (i.e. no compulsory quarantine) and required.
- A "Face mask and gloves" will not be part of the "Face Mask" wearing that arriving passengers must have to wear for the last 72 hours before their flight to Hong Kong.
- Upon arrival in Hong Kong, Health and Care will be required to undergo a COVID-19 test. The test result will be available on arrival at the airport. The test result will be available on arrival at the airport.
- For inbound passengers who are tested negative by nucleic acid tests of SARS-CoV-2, their Vaccine Pass will be converted to a "D" code.

For more information, visit www.hkma.gov.hk/en/infocentre/faq/covid-19

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家長教師會 全年工作報告

Parent-Teacher Association Annual Report



1/9/2022 邀得家長教師會主席 Ms. Irene Raboy Domingo 擔任開學禮感恩崇拜頒獎嘉賓。

Ms. Irene Raboy Domingo, the PTA Chairman, was invited to be the guest of honor in the Start-of-year Service & Prize-giving Ceremony.

發出「第 27 屆家長教師會選舉」提名通告。

Issued the 27th PTA Executive Committee Member Election Invitation Letter.

5/10/2022 本年度共收到 7 位候選人參加「第 27 屆家長教師會選舉」。家長教師會委任黃亭芝老師作為是次選舉的選舉主任，於 10 月 5 日向全校家長發出選票及於 10 月 12 日進行投票。

There are 7 candidates running for the 27th PTA Executive Committee Member Election. The PTA has appointed Ms. Wong Ting Chi Donna as the Electoral Officer. Voting Invitation and ballot were issued on 5th October to the whole school and the counting and verification of the results will take place on 12th October.

12/10/2022 「第 27 屆家長教師會選舉」選舉日，7 位候選人順利選出，分別為譚瑞容女士、李玉宜女士、蔡錦藝女士、李靜文女士、Mrs. Esteban Joanabelle Baldovino、Mr. Dhillon Surjit Singh 及 Mrs. Tanya Singh。

On the 27th PTA Executive Committee Member Election Day, the 7 candidates, Ms. Tan Ruirong, Ms. Li Yu Yi, Ms. Cai Jinyi, Ms. Lee Ching Man, Mrs. Esteban Joanabelle Baldovino, Mr. Dhillon Surjit Singh and Mrs. Tanya Singh, have successfully been elected as the PTA Executive Committee Members.



14/10/2022 「第 27 屆家長教師會」第一次會議

The 1st meeting for the 27th PTA Executive Committee Member

26/11/2022 家長教師會會員大會

PTA Annual General Meeting



9/12/2022 第二次家教會委員會網上會議

The 2nd PTA Executive Committee Online Meeting

10/12/2022 蔡錦藝女士擔任「華山盃小學三人籃球邀請賽」之主禮嘉賓。

Ms. Cai Jinyi was invited to be the guest of honor in the "Wah Shan Cup Primary School 3 on 3 Basketball Competition".

16/12/2022 蔡錦藝女士擔任「45 周年校慶感恩崇拜」之襄禮嘉賓。

Ms. Cai Jinyi was invited to be the guest of honor in the 45th Anniversary Annual Thanksgiving Worship cum Ceremony.



17/12/2022 蔡錦藝女士協助本校「東區升中選校巡禮」中的宣傳工作。

Ms. Cai Jinyi was invited to the "Eastern District School Liaison Committee's Event" in order to promote our school.

21/12/2022 蔡錦藝女士擔任「聖誕感恩崇拜」主禮嘉賓。

Ms. Cai Jinyi was invited to be the guest of honor in the "Christmas Service".



4/3/2023

家教會委員譚瑞容女士、李玉宜女士、蔡錦藝女士、Mrs. Esteban Joanabelle Baldovino、Mr. Dhillon Surjit Singh 和 Mrs. Tanya Singh 陪同本校家長及學生出席「香港迪士尼及迪欣湖之旅」。

PTA Executive Committee Members Ms. Tan Ruirong, Ms. Li Yu Yi, Ms. Cai Jinyi, Mrs. Esteban Joanabelle Baldovino, Mr. Dhillon Surjit Singh and Mrs. Tanya Singh have participated in the "Trip to Disney Theme Park & Inspiration Lake" with the parents and students.



家教會委員出席香港迪士尼及迪欣湖之旅。



親子旅行日午宴

29/4/2023 舉辦了「家長教師會親子旅行」，參加者對是次的旅行感到非常滿意，感謝家教會老師的付出。

We have held the "PTA Family Day Trip", all the participants were satisfied with the trip and expressed thanks to the teachers involved.



家長教師會親子旅行

9/5/2023

黃校長分別提名了家教會委員蔡錦藝女士、譚瑞容女士、李玉宜女士、張勵明老師、陳月華老師及湯桂芬老師角逐「香港傑出教師義工 2023」的「香港傑出家長義工」及「香港傑出教師義工」獎項。

Principal Wong has nominated executive committee members, Ms. Cai Jinyi, Ms. Tan Ruirong and Ms. Li Yu Yi, as well as Ms. Cheung Lai Ming, Ms. Chan Yuet Wah and Ms. Tong Kwai Fan to run for the "Hong Kong Teacher and Parent Volunteer Award 2023" for the "Outstanding Volunteering Parent's Award" and "Outstanding Volunteering Teacher's Award".

10/5/2023

譚瑞容女士及李玉宜女士出席了「陸運會」並擔任頒獎嘉賓。

Ms. Tan Ruirong and Ms. Li Yu Yi were invited to be guests of honor in the "Sports Day".

24/5/2023

家教會希望透過親子活動讓家長及學生更了解中國文化，因此湯桂芬老師舉辦了「親子包糰班」。

Due to our increased desire to let students and their parents to understand more Chinese culture, Ms. Tong Kwai Fan has held the "Parent and Child Sticky Rice Dumpling Creation Class".



親子端午節包糰班

黃校長與張勵明老師家訪於交通意外中嚴重受傷的家長委員 Mrs. Tanya Singh，並代表家教會送上鮮果作慰問。

Principal Wong and Ms. Cheung Lai Ming visited our Executive Committee Member, Mrs. Tanya Singh, who was severely injured in a traffic accident, as representatives of the PTA. She was given fruits as an indicator of our good will.

25/5/2023

譚瑞容女士及李玉宜女士到校觀課，感謝陳嘉華老師開放其中五級視藝課予家長觀課。當天亦會舉行「開心水果日」及中六級畢業典禮。

Ms. Tan Ruirong and Ms. Li Yu Yi have participated in the Parents' Lesson Observation. Special Thanks to Mr. Chan Ka Wah for opening up his S.5 Visual Art Lesson for the viewing. We also held the "Happy Fruit Day" activity and participated in the S.6 Graduation Ceremony.



開心水果日

感謝主席蔡錦藝女士以私人名義贊助 2,120 港元予本校之「畢業禮感恩茶會」。

Special thanks to Chairperson Ms. Cai Jinyi who sponsored HKD 2,120 to our "Graduation Thanksgiving Party".

「第 27 屆家長教師會」第三次會議

The 3rd meeting for the 27th PTA Executive Committee Member



譚瑞容女士擔任中六級畢業典禮頒獎嘉賓。



守護孩子精神健康 預防青少年自殺

孩子在青少年時期會經歷身心成長的重大轉變。當孩子面對轉變中的挑戰和逆境時，他們有機會感到困擾、無助和絕望，甚至出現自殺念頭。家長是孩子這段時期的重要守護者，當留意到孩子出現自殺警號時，家長應盡快尋求學校及社區的專業支援，切忌掉以輕心或替孩子保密。以下簡述了青少年自殺的警號、保護因素、危險因素及支援他們的方法，盼能提升家長對青少年自殺的認識。讓我們一同守護孩子精神健康，預防青少年自殺。

自殺行為是複雜現象，涉及多種成因及因果關係，當多項危險因素累積並產生相互作用，便會增加自殺傾向。另一方面，保護因素則可平衡危險因素，提高個人抗逆力。

你知道嗎？

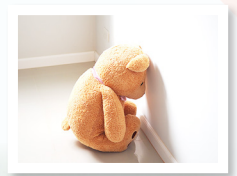
向孩子了解有關他們有沒有自殺的念頭是不會讓他們實行自殺計劃的；反之，細心聆聽並與孩子一同談論這題目有助孩子感到受關懷和理解，更能舒緩他們的壓力。



危險因素

危險因素是指在不同方面有可能增加個人自殺傾向的因素。家長認識這些危險因素有助了解孩子的自殺風險。

- 生理：精神疾病、青春期的
- 心理：無望感、自尊心低落等
- 認知：解難技巧弱、完美主義等
- 環境：過往曾企圖自殺或自殘、家庭結構改變等
- 家庭關係：家庭衝突、被家人身體或精神虐待等
- 同儕關係：朋輩關係欠佳、與朋友關係破裂或被欺凌等



破碎的心
冷漠



保護因素

家長可以積極提升孩子的保護因素，減低孩子的自殺風險。以下是一些重要的保護因素和提升孩子抗逆力的方法：

1) 家庭支援及凝聚力

- 多陪伴孩子、讓孩子知道你關心他
- 多聆聽及認同孩子的感受和困惑，避免批判及指責
- 與孩子有優質的親子時間，建立良好的關係



2) 朋輩關係及社交支援

- 鼓勵及協助孩子結交朋友及維繫友誼

3) 與學校及社區的緊密聯繫

4) 合宜的應對及解難技巧

- 引導孩子從不同角度看待事情及學習有效的解難技巧
- 為孩子示範如何抒發情感、解難及照顧自己

5) 正面的自尊感

- 協助孩子發展興趣，並了解自己的強項



(節錄自教育局「校園·好精神」網站《家長教室》)

二零二三年



Parenting Tips

Safeguard Children's Mental Health Prevent Youth Suicide

Children at puberty experience drastic changes in physical and mental growth, and may feel distressed, helpless and hopeless when they encounter challenges and adversities during this transition. Some may even have suicidal thoughts. As key gatekeepers, parents should seek professional support from school and the community once they become aware of their children's display of suicidal warning signs. Parents should not take such signs lightly or keep these to themselves. This fact sheet aims to increase parents' understanding of youth suicide through an introduction to risk factors, protective factors, suicidal warning signs and support measures. Let us work together to safeguard children's mental health and prevent youth suicide.

Suicidal behaviours are complex, involving multiple contributing factors and causal relationships. The accumulation and interaction of a number of risk factors will increase one's vulnerability to suicidal behaviours, while protective factors can counterbalance risk factors and improve one's resilience.



Did you know?

Asking your children whether they have any thought of suicide will not encourage them to execute a suicidal plan. On the contrary, they will feel cared for, understood and relieved when you patiently listen to them and have a talk with them.



Risk Factors

Risk factors refer to any aspect of an individual that may increase the possibility of suicidal behaviours. Knowledge of risk factors enables parents to assess their children's risk of committing suicide.

- **Biological:** Mental illness, puberty, etc.
- **Psychological:** Hopelessness, low self-esteem, etc.
- **Cognitive:** Weak problem-solving skills, perfectionism, etc.
- **Environmental:** Previous suicidal attempt or instance of self-harm, change in family structure, etc.
- **Family relationship:** Family conflicts, physical or psychological abuse by family members, etc.
- **Peer relationship:** Poor peer relationships, loss of friendships or instance of being bullied, etc.



Protective Factors

Parents can actively enhance protective factors for their children and thus reduce children's risk of committing suicide. Below are major protective factors and ways to enhance children's resilience:



- 1) **Family support and cohesion**
 - Spend more time with your child and make your concern for him known
 - Listen to your child and identify with his feelings (e.g. distress); avoid criticising and blaming your child
 - Spend quality time with your child and foster positive parent-child relationship
- 2) **Peer relationship and social support**
 - Encourage and support your child to make and keep friends
- 3) **Close connection with school and the community**
- 4) **Adaptive coping strategies and problem-solving skills**
 - Guide your child in approaching situations from different perspectives and acquiring effective problem-solving skills
 - Show your child how to release feelings, solve problems and take good care of oneself
- 5) **Positive self-esteem**
 - Help your child explore interests and identify strengths

the power of *encouragement*



(Extracted from the Education Bureau (EDB)'s Mental Health@School website "Parent Zone")

CCC Kwei Wah Shan College Parent-Teacher Association
中華基督教會桂華山中學家長教師會
Financial Report 2022 / 2023(as at 31-05-2023)
2022 / 2023 年度財務報告 (截至 2023 年 5 月 31 日)

	HK\$	HK\$
Income 收入 :		
Balance b/d 上年度結餘		50,870.70
Surplus from Home-School Co-operation Grant 2021/2022		18,413.15
教育局 - 家校經常津貼盈餘 2021/2022		
Home School Co- operation Grant 2022/2023		25,855.00
教育局 - 家校經常津貼及合作活動津貼 2022/2023		
PTA Family Day Thip		1,750.00
親子旅行		
PTA Membership Fee		21,200.00
家教會會費		
		118,088.85
Expenditue 支出 :		
Bank statement charges (Sept 2022 - May 2023)	(180.00)	
銀行月結單收費 (2022 年 9 月至 2023 年 5 月)		
HKEPTA Annual Membership Fee	(300.00)	
香港東區家長教師會聯會會員學校年費		
PTA Newsletters	(3,900.00)	
家教會會訊		
Workshop	(2,000.00)	
工作坊		
2022/23 PTA Scholarships	(3,900.00)	
2022/23 家長教師會獎學金		(10,280.00)
Balance c/f 結餘 :		107,808.85