恩慈家長學堂

理念及目的：

為了使家長教育得到全面而有系統的發展，本年度恩慈學校成立「恩慈家長學堂」，鼓勵家長參與不同的培訓課程或活動。在兒童全人發展的過程中，家長擔當著關鍵角色。恩慈學校及其他不同機構，如教育局及非政府機構，均推行不同類型的家長教育課程或活動，讓家長認識兒童的全面發展，促進兒童健康、愉快及均衡的成長，提升家長的身心健康，以及加強家校溝通及合作。

對象：

恩慈學生家長及照顧者

推行日期：

第一期（試行期）：4/1/2024 – 21/6/2024
第二期：9/2024 – 6/2025
第三期：9/2025 – 7/2026

積分獎賞計劃：

1. 家長透過參加由校內或校外機構所舉辦的課程或活動，均可獲得積分獎賞。合資格的課程或活動，包括以下**四個核心**範疇：
   範疇一　：認識兒童發展
   範疇二　：促進兒童健康、愉快及均衡的發展
   範疇三　：促進家長身心健康
   範疇四　：促進家校合作與溝通

2. 有關積分的條款及細則：
   ● 2025-26 年度為配合學校三年發展計劃「關注事項（一）：深化數字校園」及推動本年度「恩慈理財獎勵計劃」，家長可於自己或與學生參與各項校內或校外活動後，為學生累積星星紀錄及換領禮物。
   ● 家長可於每次參與各項校內家長課程或活動後，向負責教職員出示學生的個人「數智二維碼」，以便為學生累積星星一粒。
   ● 老師或職員掃描「數智二維碼」後，即可為學生的帳戶儲存星星。
   ● 家長可登入程式查閱星星紀錄、設定目標及換領不同系列的禮物。
   (詳情請參閱學校通告編號 260130-03)

3. 如有任何爭議，學校保留最終決定權。

範疇一「認識兒童發展」

部分	內容摘要
引言	• 家長是保護及養育中童期子女的最有影響力的人士之一。 • 家長可以透過掌握兒童發展的知識、抱持正面的態度和切合實際的期望、運用合適的育兒技巧及優化在家學習環境等，促進子女的發展。
環境系統和兒童發展	• 兒童發展的生態系統環境 • 生命全期觀 • 家長是家庭發展中最具影響力的因素 • 家庭環境為兒童發展定下了基調 • 同儕對兒童發展的影響力會日漸增加 • 社會發展會影響家庭和個人的發展 • 學校系統和其他社區資源會影響兒童的發展
兒童發展的重要原則	• 發展是受先天條件（表觀遺傳學）和後天培育所影響的過程 • 發展通常按序進行 • 發展需要健康的步伐和適切的引導 • 能自我主導發展的兒童更具內在發展動機 • 優化在家學習環境對兒童發展有最大影響
兒童發展的範疇	• 兒童的全面發展 • 兒童發展的主要範疇包括： 　– 體能發展 　– 認知、語言和溝通，以及執行功能的發展 　– 心理社交發展 　– 群性發展 　– 情緒發展 　– 品德發展
理解兒童發展的關注課題	• 採取配合兒童發展的育兒策略 • 確保孩子順利適應銜接階段 • 培養孩子的自我管理能力 • 支援兒童與同儕的社交發展

範疇二「促進兒童健康、愉快及均衡的發展」

部分	內容摘要
引言	• 兒童由幼兒期步入中童期，家長對促進兒童的健康、愉快及均衡發展至為重要。 • 透過學習培養兒童身體、心理及情緒的全面發展和精神健康所需的知識、技能和正面態度，家長可以了解如何提供一個有利促進兒童健康和均衡發展的環境。 • 當家長理解和有能力管理兒童在這階段遇到的問題，便可協助子女順利過渡到青少年期。
了解兒童健康、愉快及均衡的發展	• 中童期的腦部發展 • 兒童全人發展及其精神健康 • 壓力應對與抗逆力
家長應如何促進兒童的健康、愉快及均衡發展	• 在家中支援子女學習 • 通過遊戲和閱讀促進全人發展 • 於中童期採用正向育兒方式
促進兒童健康、愉快及均衡發展的關注課題	• 促進互聯網和電子裝置的健康使用 • 支援健康的兩性關係發展 • 認識兒童的特殊教育需要以便及早介入

範疇三「促進家長身心健康」

部分	內容摘要
引言	• 兒童的健康發展需要家庭和環境的扶植和培育。 • 家庭成員的情緒和行為互相影響，長遠而言最終影響家庭如何發揮其效能。 • 家長為小學階段的子女提供指導以促進他們的社交和情緒發展，擔當重要的角色。 • 家長的身心健康對培養健康的親子和婚姻關係，以及和諧和均衡的家庭系統，均十分重要。
認識親職壓力	• 親職壓力 • 親職壓力與兒童身心健康
管理壓力和增強身心健康	• 家長的壓力管理 • 提升健康狀況
培養反思式親職和建立家庭抗逆力	• 在家庭生活中成為具反思能力的家長 • 建立家庭的抗逆力
以有效的人際技巧營造健康的家庭關係	• 親子溝通技巧 • 家長和照顧者之間的溝通 • 兄弟姐妹管理技巧 • 解決家庭衝突的技巧
照顧兒童與自我關顧：平衡兒童與自己的個人需要	• 對照顧自己持開放態度 • 建立支援網絡並願意尋求幫助 • 與社區保持聯繫

促進家長身心健康的關注課題	• 家庭中的分離 • 家庭喪親 • 家庭結構的轉變

範疇四「促進家校合作與溝通」

部分	內容摘要
引言	• 家長了解學校的學習安排和期望,能促進學生的學習及社交情緒的發展。 • 透過家庭活動維繫良好的親子關係及照顧兒童的發展需要,家長在支援兒童在家中建立良好的學習習慣、態度和自信擔當重要的角色。 • 透過家校合作,兒童可探索自己的興趣、建立正向思維和共通能力,以及認識自己的志向,讓他們成為有貢獻和負責任的公民。
深化家校合作	• 了解家校合作的重要性 • 加強家校合作 • 溝通渠道和技巧 • 建立正面的伙伴關係
不同持份者的角色	• 家長的角色 • 學校的角色 • 政府在家校合作上的支援 • 社區資源
促進家校合作和溝通的相關課題	• 持份者之間的通力合作 • 培養積極的溝通 • 改善家長的參與

Grace Parents School

Philosophy and Objectives：

In order to facilitate the comprehensive and systematic development of parent education, Grace School has established the "Grace Parents School" this year to encourage parents to participate in different training programs or activities. Parents play a key role in the whole-person development of children. Grace School and other organizations, such as the Education Bureau and non-governmental organizations, have implemented different types of parent courses or activities to enable parents to understand the holistic development of children, to promote the healthy, enjoyable and balanced growth of children, to enhance the physical and mental health of parents, and to strengthen the communication and cooperation between home and school.

Targets:

Parents and caregivers of students

Implementation Date:

Phase 1 (Trial Period)：4/1/2024 – 21/6/2024
Phase 2：9/2024 – 6/2025
Phase 3：9/2025 – 7/2026

Points Reward Program：

1. Parents can earn bonus points by participating in courses or activities organized by organizations within or outside the school. Eligible programs or activities include the following **Four Core Strands**.

   Strand I: Understanding of Child Development
   Strand II: Promotion of Healthy, Happy and Balanced Development of Children
   Strand III: Promotion of Parents' Physical and Psychological Well-being
   Strand IV: Fostering Home-school Co-operation and Communication
   (For details, please scan the QR code on the back of the "Grace Parents School" points card.)

2. Terms and Conditions for Bonus Points:
   - To align with the School's Three-Year Development Plan Major Concern (1): Further Deepening Digital Campus Development, and to promote this year's "RCGS Financial Rewards Programme", the school has developed an installable web-based application for every student.
   - After parents participate in school-based parent courses or activities, parents may present the student's personal Smart QR Code to the relevant staff for star accumulation once.
   - Teachers or staff members can scan the Smart QR Code to record stars in the student's account.
   - Parents may log in to the app to view star records, set goals, and redeem rewards from different gift

series.

(For details, please refer to school Circular No. 260130-03)

3. In case of any dispute, the school reserves the right of final decision.

Summary of Four Core Strands

Strand I: Understanding of Child Development

Areas	Brief Content
Introduction	• Parents are one of the most influential agents to protect and provide for their children in middle childhood. • Parents can facilitate their children to develop by acquiring the knowledge of child development, having positive attitudes and realistic expectations, using appropriate parenting skills and optimising home learning environments.
Contextual Systems and Child Development	• Ecological Systems of child development • The life-span perspective • Parents are the most influential elements of development in families • Family environment sets the tone of child development • Peers exert increasing influence on child development • Societal developments influence family and individual developments • School system and other community resources influence child development
Important Principles of Child Development	• Development is a process influenced by both nature (epigenetics) and nurture • Development is usually sequential • Development takes healthy pacing and requires appropriate guidance • Children owning their development are more intrinsically motivated to develop • Optimising home learning environment has the greatest impact on child development

Areas of Child Development	• Holistic child development
	• The main areas of child development:
	  ■ Physical development
	  ■ Cognitive, language and communication, and executive function development
	  ■ Psychosocial development
	  ■ Social development
	  ■ Emotional development
	  ■ Moral development

Issues on Understanding of Child Development	• Adopting parenting strategies in alignment with children's development
	• Ensuring children's smooth sail across transition stages
	• Fostering children's self-management competence
	• Supporting children's social development with peers

Strand II: Promotion of Healthy, Happy and Balanced Development of Children

Areas	Brief Content
Introduction	• Parents are pivotal to promoting children's healthy, happy, balanced development when they transit from early childhood to middle childhood.
	• By acquiring the knowledge and skills and positive attitudes to nurturing children's holistic physical, psychological and emotional development and mental health, parents can understand how to provide an environment conducive to promoting children's healthy and balanced development.
	• Parents with the capacity to understand and manage specific issues encountered by children at this stage could facilitate children's smooth transition into adolescence.
Understanding Healthy, Happy and Balanced Development of Children	• Brain development in middle childhood
	• Whole-person development of children and their mental well- being
	• Stress coping and resilience
What Parents Should Do to Promote Healthy, Happy and Balanced Development of Children	• Supporting children's learning at home
	• Supporting whole-person development through play and reading
	• Adopting positive parenting in middle childhood
Issues on Promotion of Healthy, Happy and Balanced Development of Children	• Facilitating healthy use of Internet and electronic devices
	• Supporting the development of healthy gender relationships
	• Awareness of the special educational needs of children for early intervention

Strand III: Promotion of Parents' Physical and Psychological Well-being

Areas	Brief Content

Introduction	- Healthy child development requires supportive and nurturing families and environment. - Family members have mutual influences on each other's emotions and behaviours, and eventually on how the family functions over time. - Parents of children at primary level play a significant role in providing guidance for, and facilitating children's social and emotional development. - Parents' well-being is vital to healthy parent-child and marital relationships, as well as a harmonious and balanced family system.
Understanding Stress as a Parent	- Parental stress - Parental stress and children's well-being
Managing Stress and Enhancing Wellness	- Stress management for parents - Wellness enhancement
Fostering Reflective Parenting and Building Family Resilience	- On becoming a reflective parent in family life - Building family resilience
Engaging in Healthy Family Relationships with Effective Interpersonal Skills	- Parent-child communication skills - Communications between parents and caregivers - Sibling management skills - Resolution skills in conflicting family situations
Childcare versus Self-care: Balancing the Child's Needs with One's Own Personal Needs	- Be open when taking care of yourself - Build a support network and be willing to seek help - Stay connected with the community
Issues on Promotion of Parents' Physical and Psychological Well-being	- Separation in families - Bereavement in families - Structural changes in families

Strand IV: Fostering Home-school Co-operation and Communication

Areas	Brief Content

Introduction	• Parents' understanding of the school learning arrangements and expectations facilitates students' progress in learning and social-emotional development. • Parents play a vital role in supporting their children at home in developing good learning habits, attitudes and confidence through family activities that sustain positive parent-child relationships and cater for their developmental needs. • Through home-school co-operation, children are encouraged to explore their interests, develop positive mindsets and generic skills, and understand their aspiration in becoming contributing and responsible citizens.
Deepening Home-school Co-operation	• Understanding the importance of home-school co-operation • Reinforcing home-school co-operation • Communication channels and skills • Developing positive partnership
Roles of Different Stakeholders	• Roles of parents • Roles of schools • Support on home-school co-operation by the government • Community resources
Issues on Fostering Home-school Co-operation and Communication	• Concerted effort and co-operation between stakeholders • Cultivation of positive communication • Improving parental involvement