



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110

Fax: 2431 1156

Dear Parents,
各位家長：

P24092

Adolescent Development and Health: Parent Seminar
青少年發展與身心健康：家長專題講座

Adolescents face significant pressures from academics, peers, and family, impacting their physical and mental health. The teenage years are crucial and challenging. This seminar will explore positive parenting techniques and insights into adolescent development, helping parents support their teenagers, foster healthy growth, and strengthen parent-child relationships.

To promote the health of adolescents and enhance parents' understanding of adolescent development, two parents educational seminars will be held. We warmly invite all parents to participate.

Parents are kindly requested to complete the reply slip in eNotice by 11th February, 2025. For enquiries, please contact the Vice-Principal, Mr KWAN Lap Sun at 24977110. We look forward to your participation!

青少年正面對來自學業、朋輩和家庭的巨大壓力，影響他們的身心健康。青春期是關鍵且充滿挑戰的階段。本次講座將探討正向育兒技巧和青少年發展的知識，幫助家長支持青少年，促進健康成長，並加強親子關係。

本校將舉辦兩場家長教育專題講座，誠邀各位家長踴躍參加。

請 貴家長於 2025 年 2 月 11 日前填妥電子通告回條。如有疑問，請致電 2497 7110 與關立新副校長聯絡，我們期待您的參與！

< To be continued, please see attached 未完，請見附頁 >

Po Leung Kuk Lo Kit Sing (1983) College
保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長

23rd January, 2025 二零二五年一月二十三日

Parent Seminar 家長講座 (1)

Topic: 主題	Promoting the Physical and Mental Health of Adolescents 促進青少年身心健康發展
Content: 內容	Understanding the common pressures faced by adolescents and how to adopt positive parenting methods to nurture their resilience. 了解青少年普遍面對的壓力及如何採取正向育兒方式培育青少年，培養他們的抗逆力
Date: 日期	15/2/2025 (Sat 星期六)
Time: 時間	10:00 a.m. - 11:30 a.m.
Venue: 地點	The School Hall 本校禮堂

Parent Seminar 家長講座(2)

Topic: 主題	Understanding Adolescent Development 認識青少年發展
Content: 內容	Using knowledge about adolescent development to set reasonable expectations for your teenage children, cultivate empathy and acceptance of their uniqueness and needs, and enhance parent-child relationships to improve their physical and mental health. 運用有關青少年發展的知識，訂立對青少年子女的合理期望，培養對他們的獨特性和需要的同理心和接納，並增進親子關係和提升子女的身心健康
Date: 日期	22/2/2025 (Sat 星期六)
Time: 時間	10:00 a.m. - 11:30 a.m.
Venue: 地點	The School Hall 本校禮堂

Speaker: Social Worker from the Po Leung Kuk Student Counselling and Support Services SEEDs Project

主講：保良局學生輔導及支援服務「子在成長」SEEDs 計劃專責社工

E-class Reply Slip

電子通告回條

I acknowledge the receipt of the above captioned eNotice concerning ‘Adolescent Development and Health: Parent Seminar’. My reply is as follows:

本人經已知悉 貴校來函有關「青少年發展與身心健康：家長專題講座」事宜。本人回覆如下：

1. I will only attend the “Promoting the Physical and Mental Health of Adolescents” parent seminar on 15 February only.
本人只參加 2 月 15 日的「促進青少年身心健康發展」家長講座
- I will only attend the “Understanding Adolescent Development” parent seminar on 22 February.
本人只參加 2 月 22 日的「認識青少年發展」家長講座
- I will attend both of the aforementioned parent seminars.
本人確認會參加上述兩個家長講座。
- I will not attend both of the aforementioned parent seminars.
本人不擬參加上述兩個家長講座

2. 出席家長人數 no. of parents attending (max. 最多 2 人):

3. 家長姓名 Name of Parent:

4. 聯絡電話 Telephone no.:
