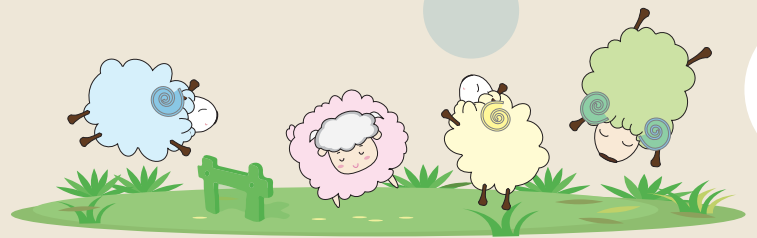




聖公會呂明才中學
SKH Lui Ming Choi Secondary School



Let's grow our SHEEP together!

Love My Children.

Train up a child in the way he should go: and when he is old, he will not depart from it. (Proverbs 22:6)



Inspired by the bible, our school is launching "We are One" program to nurture our students like shepherds taking care of their sheep. Therefore, we would like to partner with our parents to nurture our students together as follows:

S

Share

Sharing is caring! The best way to equip your children with a strong personality is by sharing the following life experiences with them.

1. Stories of pride and achievement
2. Stories of efforts and perseverance
3. Incidents you regret
4. How you overcome the obstacles

H

Hear

Spend time to hear your children's voice by practising Active Listening with the following steps.

1. Concentrate on what your children are saying without interrupting
2. Show your children that you are interested
3. Summarise your children's words and feelings
4. Ask thoughtful questions to understand more on your children's feelings

E

Encourage

Encourage your children to take risks and try new challenges. It gives your children the opportunity to learn and grow. Also, it equips them to overcome obstacles and develops resilience in the face of adversity.

E

Embrace

Parents' should embrace their children's failure as everyone makes mistakes. Thank them for being honest and tell them that you are proud of them for trying. By helping your children come up with a plan to avoid making the same mistake in the future, you are helping them learn from their experiences and setting them up for success.

P

Praise

It is important for parents to praise their children for their efforts, not just their success. When parents emphasize effort, their children will realize their self-worth, develop a growth mindset and be more resilient in the face of setbacks.



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牧養我們的小羊

Love My Children.

教養孩童，使他走當行的道，就是到老他也不偏離。(箴言22：6)



我們學校正在推行“**We are One**”計劃，計劃以聖經為靈感，我們的孩子就像需要養育的羊。因此，我們希望與我們的家長合作，共同培養我們的學生，具體如下：

S

Share 分享

分享就是關懷，讓您的孩子擁有堅強個性的最佳方法是分享以下的生活經歷：

1. 驕傲和成就的故事
2. 努力和堅持的故事
3. 讓您後悔的事件
4. 您如何克服障礙

H

Hear 聆聽

花時間聆聽孩子的聲音，通過以下步驟練習積極傾聽。

1. 專注於孩子所說的內容，不要打斷
2. 向您的孩子表明您感興趣
3. 總結孩子的話和感受
4. 提出深思熟慮的問題，以更了解孩子的感受

E

Encourage 鼓勵

鼓勵孩子冒險並嘗試新的挑戰，讓他們學習和成長，能夠克服障礙並在逆境中培養韌性。

E

Embrace 包容

父母應該包容孩子的錯失，因為每個人都會犯錯。欣賞他們的誠實，並告訴他們你為他們的嘗試感到自豪。通過幫助您的孩子制定計劃，以避免將來犯同樣的錯誤，幫助他們從他們的經驗中學習，並為他們的成功作好準備。

P

Praise 讚賞

父母要多讚賞孩子的努力，而不是僅僅表揚他們的成功。當父母強調欣賞孩子的努力時，他們會意識到自己的自我價值，培養成長心態，在挫折面前更有韌性。