



聖公會呂明才中學
SKH LUI MING CHOI SECONDARY SCHOOL

BECOME A RESPONSIBLE AND COLLABORATIVE COMMUNITY

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

Fostering a responsible and collaborative community is a major concern for the school this year. A supportive and engaged community not only enhances the learning environment but also plays a crucial role in the development of children. The following acronym "RESPONSIBLE" outlines important parenting skills that can help parents create a positive impact on their children

R

Respect

Modeling respect for your child's feelings, opinions, and individuality fosters a strong, trusting relationship.

E

Empathy

Understanding and validating your child's emotions helps them feel heard and supported, promoting emotional intelligence.

S

Support

Providing encouragement and assistance in your child's endeavors, fostering their confidence and resilience.

P

Patience

Exercising patience in teaching and guiding your child through challenges, recognizing that learning takes time.

O

Open Communication

Encouraging honest dialogue about thoughts and feelings creates a safe space for your child to express themselves.

N

Nurturing

Providing a loving and caring environment that promotes your child's emotional and physical well-being.

S

Structure

Establishing routines and boundaries that give your child a sense of security and predictability in their daily life. For example, setting revision timetable or creating a dedicated homework space.

I

Involvement

Actively participating in your child's activities, interests, and education to show that you value their experiences. For example, attending their school activities or checking their learning progress regularly fosters connection and encouragement.

B

Boundaries

Setting clear and consistent boundaries helps your child understand expectations and the importance of limits.

L

Listening

Practicing active listening to your child, which helps them feel valued and encourages open communication.

E

Encouragement

Celebrating your child's achievements and efforts, helping them develop a positive self-image and motivation to succeed.



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成長承擔，協作同行

教養孩童，使他走當行的道，就是到老他也不偏離。(箴言22：6)

「成長承擔，協作同行」是今年學校的重點關注項目。一個支持和包容的環境不僅能提高孩子的學習成效，還在孩子的成長中扮演著至關重要的角色。以下以英文字「RESPONSIBLE」的首字母縮寫概括了一些能幫助父母對孩子產生積極影響的教養技巧。

R

尊重

尊重孩子的感受、意見和個性，從而培養出強大而信任的關係。

E

同理心

理解和肯定孩子的情感，幫助他們感受到被聽見和支持，促進情感智力的發展。

S

支持

在孩子的努力時提供鼓勵和協助，增強他們的自信心和韌性。

P

耐心

在教導和引導孩子面對挑戰時保持耐心，理解孩子學習需要時間。

O

開放的溝通

與孩子誠實地交流思想和感受，使孩子能有一個安全的空間表達自己。

N

培養

提供一個充滿愛與關懷的環境，促進孩子的情感和身體健康。

S

結構

建立日常生活的例行時間表和界限，讓孩子感受到安全感和可預測性。例如，訂立複習時間表或創建指定的學習空間。

I

參與

積極參與孩子的活動、興趣和教育，讓孩子知道你重視他們的經歷。例如，出席他們的學校活動或定期檢視他們的學習進度，加強與孩子的聯繫及以示鼓勵。

B

界限

設定清晰且一致的界限，能有助孩子理解期望和界限的重要性。

L

聆聽

積極地聆聽孩子的心聲，讓他們感到被重視，並鼓勵開心見誠的溝通。

E

鼓勵

慶祝孩子的成就和努力，幫助他們建立正面的自我形象和提高成功的動力。