

第十五屆週年會員大會 (2-11-2018)



黃校長與義工家長大合照



黃校長與新一屆家長教師會
家長委員大合照



家教會主席劉女士作會務報告



黃校長致辭

職位	主席	副主席	財政	文書	康樂	聯絡	出版
家長委員	譚志青女士	吳若蘭女士	黃麗敏女士	翁翠妍女士	吳若蘭女士	翁翠妍女士	黃麗敏女士
老師委員	-----	陳可欣老師	黃安妮老師	王麗珊老師	胡宇田老師	鄧焯欣老師	梁淑貞老師

家長教師會 18-19 年度財政收支表

截至 14/1/2019

		支出	收入
	17/18 學年結餘		\$22,572.10
05-Sep-18	郵寄結單費用(9月)	(\$20.00)	
05-Oct-18	郵寄結單費用(10月)	(\$40.00)	
23-Oct-18	1819家教會會員費用		\$15,390.00
23-Oct-18	聯校家教會親子活動收入		\$11,422.00
02-Nov-18	1819會員大會聚餐收入		\$2,080.00
06-Nov-18	1819會員大會聚餐食品支出	(\$5,436.00)	
20-Nov-18	聯校家教會親子活動抽獎支出	(\$797.10)	
20-Nov-18	聯校家教會親子活動支出	(\$19,164.00)	
05-Dec-18	郵寄結單費用(12月)	(\$20.00)	
11-Dec-18	1819會員大會聚餐飲品支出	(\$204.00)	
	2018年12月結存		\$25,783.00

編輯成員名單：

梁淑貞老師
黃麗敏女士
(3E 李浩沂家長)

鳴謝：

黃仲奇校長
家教會主席譚志青女士
(3E 劉灝隆家長)
陳貞貞女士
(2B 唐壁瑩家長)
胡淑霞女士
(2B 蘇韵然家長)
Ms Meenali Kumar
(Mother of
Laavanya Kumar 1D)
黃曉彤老師
李淑芬老師
1D Sarah
1D Josh



保良局唐乃勤初中書院家長教師會

地址：九龍深水埗美孚新邨美荔道 11 號 電話：2194 5707

網址：http://www.plktnkjsc.edu.hk



2018-2019 第一期會訊

「培養孩子正向心理」

“Nurturing positive psychology of children”



Principal's Message

Good role modelling is the best approach to nurture and cultivate our youngsters. If we always think negatively and are easy to have a negative emotion, our kids will also think in a negative way, which makes them hardly escape from their negative emotion. Juveniles will always copy what adults act and behave. If we want them to have a positive mind, we need to have a good manner and positive emotion as their role-model first.

Having a positive life, we cannot only have a wider horizon, but also be more energetic at work and therefore, we can easily have more innovative ideas. To cultivate positive emotion on our kids, we can follow the “PRAISE” approach.

The letter “P” in the word “PRAISE” stands for “Praise the process”. We need to grasp every opportunity to praise our youngsters who have done well in the process, as this is a positive reinforcement on their positive behaviour resulting in enhancing their self-esteem. Kids will continue to behave well under this positive reinforcement.

The letter “R” in the word “PRAISE” stands for “Recognize their strength”. We can develop children's strength based on their interests and abilities. We can give support to them and share our positive experience with them so that our youngsters can grow with a grateful and positive mind.

The letter “A” in the word “PRAISE” stands for “Appreciate their hard work”. We need to appreciate children's hard work even they are not doing well in the tests or competitions. We should treasure the positive attitude of our kids instead of the actual results of challenges. Under our encouragement, children can eventually get a good result if they persist their hard work.

The letter “I” in the word “PRAISE” stands for “Initiate their self-motivation”. To initiate youngsters' self-motivation, we need to give them chances to have their own decision-making. They can select what they like to do; of course, they should be responsible for their choices. As they have their own decision-making, they will have their self-motivation to do it well. This can absolutely nurture their positive thinking.

The letter “S” in the word “PRAISE” stands for “Sustain positivity amid difficulties”. Everyone will face failure so we need to guide our youngsters to be positive and optimistic to encounter difficulties and failure. We should recognize that failure is common; we won't succeed all the time. If we can learn from our mistakes from each failure, we can eventually succeed in the future.

Finally, the letter “E” in the word “PRAISE” stands for “Express their feeling”. We need to let our youngsters to express their own feeling. Children can release stress and get away from their negative thoughts when someone is willing to listen to them. Encouragement and positive guidance can be given to them when they have voice out their negative thoughts.

I hope the above sharing can give you some insights and ideas on how to cultivate the positive mind of our kids.

譚志青女士 主席的話

為人父母，要積極樂觀地面對社會；以身作則，令到子女感受到正面思想，無時無刻都要向子女灌輸正面的信息；凡事向好的方面想，不要總想著灰色的一面，要讓孩子知道這個世界是美好的，要讓孩子發現真實世界的美好，不要讓他們沉迷在電腦的世界；要有樂觀心態，主動分享見聞；要有純真理念，信任坦誠是人與人之間的根本理念，這樣才能發展出真善美的內涵；要積極地生活。既然痛苦要生活，傷心也要生活，快樂更要生活，何不放鬆自己，樂觀看待？



The Kuk's Spirit

Mutual Respect
United Effort
Benevolence
Charitable
Gratefulness and Recognition

Dedication to Serving
the Community

Vision

Children are nurtured, Youngsters are educated
Adults are supported to contribute
Elderly are cared for
The less fortunate are lightened with hope.

Mission

To be the most prominent and committed charitable organisation.
In the Kuk's Spirit to do good deeds with benevolence.
Dedicated in protecting the young and the innocent,
caring for the elderly and the underprivileged,
aiding the poor and healing the sick,
educating the young and nurturing their morality,
providing recreation to the public, caring for the environment,
passing on the cultural inheritance and
bringing goodness to the community

Values

Fine traditions, Accommodate the current needs
People-oriented, Care and appreciation
Sound governance, Pragmatism and innovative
Integrity, Vigilance
Optimal use of resources, Cost-effectiveness
Professional team, Service with heart

保良精神

相互尊重
團結合力
延展愛心
行善助人
感恩知德

造福社群的奉獻精神

願景

幼有所育，少有所學，壯有所為，老有所依，
貧寡孤困殘病者皆有所望

使命

成為最傑出、最具承擔的慈善公益機構，
發揮保良精神，以善心建善業，
致力保赤安良，護老扶弱，助貧健診，培德育才，
揚康樂眾，實踐環保，承傳文化，造福社群

價值觀

秉承傳統 與時並進
以人為本 關愛感恩
優良管治 務實創新
廉潔奉公 安不忘危
善用資源 注重本益
專業團隊 愛心服務

主題：「培養孩子正向心理」

陳貞楨女士 (2B 唐壁瑩家長)

「行到水窮處，坐看雲起時」是來自唐朝詩人王維《終南別業》的詩句。這兩句詩多用以勉勵在逆境中的人。生命有趣之處，該是起伏無定、藍天中出現驟雨或雷暴、黑暗中現曙光。積極人生，對我而言，是能在困境中接受自己失落的心情，找個途徑去表達，最後就是收拾心情往前跑。

不少育兒專家都說身教是最有效的教育法。孩子如鏡子，他們從小透過觀察，模仿父母的處事和生活方式。當看到年幼孩子面對困難時的模樣，或多或少反映作為母親的我平日如何解難。若覺得不滿，就先改變自己，再以此影響孩子。孩子逐漸年長，會從多個渠道學到怎樣積極處世，但有時總會有所埋怨。看到這個狀況，有時就像看到自己，心想：我也是透過說話發抒這種壞心情。因此，我有時會問孩子：「你只是說說罷！」過一會，就會發現孩子在解難了。這就是我的模式。

「逆水行舟，人皆嘗之。」此時如果有位天使來鼓勵一下，或者當個聆聽者，該多好！所以另一法子，就是當個聆聽者。有時父母會急着給建議和方案，知易行難，我也是其中一員。說快了，就自省，下次做好點。父母不是完人，我們該持謙卑態度，與孩子不懈學習、並肩同行、同笑同泣，讓他們無論處順境或逆境中，也懂得享受生命的陰晴、起伏。

胡淑霞女士 (2B 蘇韵然家長)

曾經聽過「半杯水的故事」，讓我想到不同孩子的性格成形，是與家庭教育的成敗息息相關。

有兩個口渴的人，其中樂觀的人高興地說：「還有半杯水呢！」而悲觀的那個人則唉聲嘆氣地說：「唉，只剩下半杯水了！」同樣是半杯水，因為喝水的人心態不同，半杯水在他們眼裏的價值就截然不同。所以，孩子的性格培養是離不開家長循循善誘的教導。

首先，家長要從培養孩子的興趣特長著手，令孩子找到自身特長，從而讓孩子的性格變得積極樂觀起來，並鼓勵孩子勇於嘗試，激發自己的潛能，展現自己最好的一面，擁有正面的心態面對任何事。因為孩子的性格是否樂觀積極，就看他是否是多才多藝，家長可給孩子報讀一些他們感興趣的學術班，例如：鋼琴、舞蹈、繪畫等等，讓他在不同的領域上發揮所長，孩子的接觸面廣了，興趣愛好也就廣闊。

除了家長的教導以外，家庭中的良好氣氛也是孩子性格成型的關鍵，讓孩子避免負面情緒的影響。宋慶齡曾經說過：「孩子的性格和才能，歸根結底是受到家庭，父母，特別是母親的影響最深。孩子長大成大以後，社會成了鍛煉他們的環境，學校對年輕人的發展也起著重要的作用。但是，在一個人的身上留下不可磨滅的印記卻是家庭。」父母之間關係和諧，家庭成員之間要互助互讓，和睦相處，要注意正確的溝通方式和增加溝通的次數，從而讓孩子找到家庭的歸屬感，也讓孩子在家裏感受到父母的關心和給予的溫暖，增加孩子對父母的信任。父母可以在空閒時間陪伴孩子參加有益身心的活動，例如：郊遊，做義工，以及看書展等，以培養親子感情，增加父母與孩子的互動和默契，有助於孩子形成積極樂觀的正面性格。

Theme: "Nurturing positive psychology of children"

Ms Meenali Kumar (Mother of Laavanya Kumar 1D)

To nurture is to take care of, feed and protect someone - so a nurturing person is a person who, by nature, is protective and caring.

"If you are positive about everything, you are hopeful and confident, and think of the good aspects of a situation rather than the bad ones."

To nurture our children to have positive personalities, they must have the following qualities.

Compassion:	Positive people encourage others rather than tearing them down to feed their own insecurities.
Alertness:	Positive people are self-aware. They know their strengths and limitations and they respect them.
Joyfulness:	People with positive personalities focus on the good in life. They acknowledge negativity, but they know it is impermanent.
Self-confidence:	Positive people usually have a high degree of self-confidence because they have worked on building themselves up. This doesn't come across as gloating or being boastful, however.
Honesty:	Positive people know that dishonesty breeds negative emotions, so they always strive to tell the truth.
Initiative:	Always ready to take the initiative, respect and help others
Loyalty:	Must develop sign of loyalty, be loyal towards works and promises.
Sense of Responsible:	Must know their responsibility clearly and give priority to the work assigned to them.

A positive personality can have a significant impact on our children's success and happiness in life.

1D SHARMA SANAH

I think self-confident youngsters will see their lives in a positive way and be full of hope when things aren't going so well.

Being a self-confident person is not difficult. First, we have to balance self-acceptance with self-improvement. In my experience, I don't label myself as "stupid" even I have difficulty in Chinese language. I always strive to become better. I will try my best to talk more with my Chinese schoolmates to improve my Chinese language.

Second, I am willing to ask for help when I don't understand my schoolwork, rather than allow myself to fall behind.

Third, I like trying new activities, discovering my hidden talents, and challenging myself to grow my confidence. Therefore, I have joined some activities organized by the social workers of our school.

Finally, I have good parents as my role model. They demonstrate the importance of loving themselves. They always talk to me about their experience when they've been brave or things they've done in their life to help build their confidence. They always praise me for all the studying I did, instead of praising me when I got good academic results I got. Therefore, I would like to give thanks to them.

1D MOLO MELCHIZEDEK JOSH MABUYOG

Nurturing a positive personality is challenging but not difficult. A positive person doesn't think about bad things or failure. We have to learn how to face and learn from our failures. My parents always ask me not to lose hope and keep on dreaming. Even though I may fail at the beginning, I need to keep trying. A positive person should have positive emotions too. They bring us benefits, for example, if your little brother makes a mistake, just go and tell him he is wrong and ask him not to do it again. Don't be angry with him. Then, you will have a happy family. We are also able to learn to be an understanding person. It leads to having good relationships with other people. I have found that friends of mine who have positive emotions tend to be happier and healthier. They learn better, and get along well with others.

