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Parent-Teacher Association

Notice: 14/2023-24

7.12.2023

To: Parents / Guardians,

Positive Parent Campaign

“Call for Action: Parent-child Fun Day”

To encourage parents to organize meaningful parent-child activities, recommend and share good places in Hong Kong for parent-child activities, the EDB organizes the “Call for Action” Parent-child Fun Day” in collaboration with the Committee on Home-School Co-operation, Federations of Parent-Teacher Associations and School Heads Associations of all districts.

You are cordially invited to take time between **9 and 10 December 2023 (Saturday and Sunday)** to accompany your children to conduct different kinds of meaningful parent-child activities in Hong Kong, so as to enhance parent-child relationship and make good use of the amenities in the community and participate in activities in different districts. You can discuss and design the activities with your children, with reference to the information and examples on the **“Call for Action: Parent-child Fun Day” activity webpage**. You and your children can get to know the district you are residing in, show care for others or conduct activities that facilitate your physical and psychological well-being, and record the unforgettable parent-child playtime **with photos and words** to share with other parents the good places for parent-child activities in Hong Kong. It does not necessarily require a lot of effort to organize parent-child activities. In fact, the active engagement of parents and children in the activities would be the most important. Spending quality time together creates precious memories for the family and enhance the well-being of family members.

There will be “The Most Active Participation School Awards” to commend the schools with the highest number of student participation. Besides, there will be “The Best Family Sharing and Recommendation Awards” and “Merit Awards for Family Sharing and Recommendation” for the group of primary schools. For the details of the “Call for Action: Parent-child Fun Day”, please refer to **Annex 1** or visit the activity webpage:

(<https://www.parent.edu.hk/en/article/parentchildcom2023>).



Parent Education Resources of Various Themes

Parents are the most important guardians for their children. Therefore, we encourage you to give your children more care and support and to acquire the knowledge and skills for nurturing your children through participating in parent education courses / activities and making good use of the available online resources. We have selected four themes that are of interest to you, namely “parent-child relationship”, “healthy lifestyle”, “stress and emotion management” and “learning and facing examinations”, and consolidated relevant education resources, which include featured videos and advice from experts and academics from the Smart Parent Net (see **Annex 2**) for your reference. We strongly encourage you to make reference to the resources according to your interests and needs.

Should you have any enquiries, please contact Ms Lee Kwong Yung at 2386 8049 during school hours.

(Ms CHUI Sau-man)
Headmistress

Reply Slip

PTA Notice: 14/2023-24

Date: _____

To: PTA Chairperson and Headmistress,

I have read PTA Notice No. 14/2023-24 dated 7.12.2023 and I fully understand its content.

Student's Name: _____ () Class: _____

Parent's / Guardian's Name: _____ Contact Telephone No.: _____

Parent's / Guardian's Signature: _____

“Call for Action: Parent-child Fun Day”

Objectives: To encourage parents to plan meaningful parent-child activities with their children, such as getting to know more about the district they are residing in, showing care for others or conducting activities that can facilitate their physical and psychological well-being, record the unforgettable parent-child playtime with photos and words, and share with other parents the good places for parent-child activities in Hong Kong.

Date: 9 to 10 December 2023 (Saturday & Sunday)

Category: Kindergarten, Primary and Secondary Groups

Theme:

Places that are recommended for parent-child activities in Hong Kong, which must be in line with the messages of the “Positive Parent Campaign”.

How to Join:

1. Parents and children can select places that are recommend for parent-child activities in Hong Kong, arrange meaningful parent-child activities on the abovementioned dates, and take one family photo and one photo of the activity place with a brief description of the purpose of the activity, family members’ experiences and reasons for recommendation in 100 to 150 words. Participants must upload the two photos to a personal cloud account (e.g. Dropbox or Google Drive) with the accessibility set as open, and then submit the link to the application website for EDB to download.
2. Participants must submit the entries between 11 and 31 December 2023 to the activity webpage (<https://www.parent.edu.hk/en/article/parentchildcom2023>).
3. Participants will receive a confirmation email after submitting the application form.

Details of the Activity:

1. The idea and contents of the entries must conform to the theme of the activity.
2. Activity should be taken place in Hong Kong districts only.
3. Parents can participate in the activity with their children studying in kindergarten, primary or secondary schools (including special schools) in the 2023/24 school year. The student will serve as the unit for participation in the activity, and each student can only participate once. The same place for the activity and content of an entry must not be used for re-submission in the name of another child.
4. Photos must be in JPEG or JPG format and less than 10MB in size. They can be taken with a digital camera or mobile phone.
5. Participants must ensure that their entries do not contain any material that is obscene, violent, pornographic, defamatory, indecent, disparaging or content that is controversial and inappropriate, and will not breach the law of the HKSAR; failing which, the participant will be disqualified.
6. All submitted photos may be used for the promotion and publicity of the “Positive Parent Campaign” of EDB in the future.
7. EDB reserves the right to use, modify, duplicate and disseminate the contents of the work to any media channels without seeking prior consent from the participants.
8. EDB reserves the right to amend the terms and conditions, contents and arrangement of the activity without prior notification.
9. By submitting entries, participants agree to observe and accept all the rules and terms of the activity.

Intellectual Property:

1. All entries should be original and have not been shown in any occasion.
2. Participants are required to ensure that the content of the entries does not infringe any copyright and publication right. Please visit the following website for details related to intellectual property : <https://www.ipd.gov.hk/en/copyright/copyright-laws/index.html>
3. Any entries that have infringed any intellectual property will not be accepted. EDB takes no liability whatsoever for infringement.
4. Regardless of the result of the activity, EDB retains the right to replicate, display, modify, publish and use any entries in any forms without geographical, frequency and time restrictions; the right to use part or all of the contents of the entries with no compensation; and the right to use, or not use, the winning entries. EDB has the final decision of the above actions.

Awards & Prizes:

1. “The Most Active Participation School Awards” will be awarded to the top three schools of respective Groups for Kindergarten, Primary and Secondary Schools recording the highest number of student participation.
2. There will be three “The Best Family Sharing and Recommendation Awards” and 30 “Merit Awards for Family Sharing and Recommendation” for each Group.
3. All participants who submit eligible entries will receive a certificate of participation and a souvenir.
4. Awards and prizes for each Group are as follows:

Award	Prize
The Most Active Participation School Awards (3 for each Group)	Certificate of commendation and \$2,000 book coupon
The Best Family Sharing and Recommendation Awards (3 for each Group)	Certificate of commendation and \$500 book coupon
Merit Awards for Family Sharing and Recommendation (30 for each Group)	Certificate of commendation and \$100 book coupon
All participants	Certificate of participation and a souvenir

Assessment

1. The entry must match with the theme¹. Assessment criteria and weighting are as below:

Judging Criteria	Weighting
Photo taking	50%
Content and a brief description	50%

2. The decisions of the adjudication panel shall be final.

¹ Entries that fail to match with the theme will be disqualified.

Important Dates

Schedule	Dates
“Call for Action: Parent-child Fun Day”	9 – 10 December 2023
Dates for entry submission	11 – 31 December 2023
Results announcement*	15 March 2024

**Results announcement will be made on the activity webpage while participants will be notified of the details on the prize collection via email.*

Enquiries

For enquiries, please contact EDB Home-School Co-operation and Parent Education Section at 3698 4376.

“Smart Parent Net”: Recommendations on Resources on Various Themes

Theme 1 : Parent-child Relationship

(Video) How to strengthen the sense of connectedness between children and parents? (Chinese version only)

The video shares with parents on how to be a mentor of their children and how to help children establish a sense of connectedness with their families in daily life.



<https://bit.ly/3N2pPxX>

(Video) Parenting at Ease: Ways to Handle Children’s Challenging Behaviors – Enhance development: induction and encouragement (Chinese version only)

An expert introduces to parents the ways to identify and understand the reasons behind different behavioral problems of children and share with them the corresponding parenting skills thereby enhancing their competency in raising their children.



<https://bit.ly/3GhYC6r>

(Video) Flexibility and creative thinking - Thinking from multiple perspectives (Chinese version only)

The video explains how parents can increase children’s flexible thinking through games, so as to understand the ways of bringing up children.



<https://bit.ly/49MvUrN>

(Video) How to stick to a family schedule (Chinese version only)

The video introduces the principles and importance of implementing a family schedule, helping parents understand the methods and tips on bringing up their children, so as to establish good family relationships.



<https://bit.ly/3sGBY13>

Affectionate dialogue between parents and children (Chinese version only)

School social workers introduces the attitudes and skills parents should have when communicating with their children, so as to achieve an affectionate parent-child dialogue.



<https://bit.ly/3RjCEGW>

Parent-child communication made easy (Chinese version only)

Practical information shared with parents on how to use effective communication skills to establish a good parent-child relationship so that children would show respect to their parents.

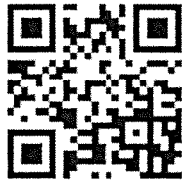


<https://bit.ly/3MQ2ejS>

Theme 2 : Healthy Lifestyle

**(Video) Parent Education Video Series :
Healthy Life (Tips for healthy sleeping)**

Adequate sleep is particularly important for mental health. The video shows how parents can help their children establish healthy sleep habits.



<https://bit.ly/47kYHSQ>

**(Video) Development of Healthy Lifestyle :
(Electronic devices)**

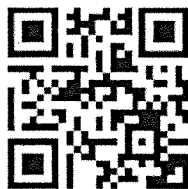
Through a short family story, the video tells the importance of practising good habits and cultivating a healthy lifestyle, in order to raise public attention to healthy living.



<https://bit.ly/3MSz5nY>

**(Video) Parent Education Video Series :
Healthy eating**

The video provides parents with a variety of tips on healthy eating for their children’s breakfast, dinner and even snacks, so as to keep them smart and concentrate on their learning.



<https://bit.ly/47kEOeF>

**(Video) 5 health myths about growing up
children (Chinese version only)**

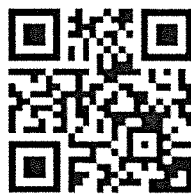
Parents are always concerned about various health issues that may arise as their children grow up. In the video, doctors will share tips on children’s growth with parents, unlock common health myths, and help parents cultivate the healthy development of their children.



<https://bit.ly/3G61pzp>

**(Video) Say NO to drugs : “Agent
Curiosity”**

Teenagers may take drugs out of curiosity and underestimate the consequences of drug abuse. Parents can explain the dangers of drugs to their children as early as possible and remind them to avoid being tempted to taking drugs.



<https://bit.ly/49LsyoS>

The value of sports (Chinese version only)

Doing exercise has many benefits. Experts share how to cultivate common interests and regular exercise habits with children through exercise, so as to nurture a closer parent-child relationship.



<https://bit.ly/3G3r105>

“Smart Parent Net”: Recommendations on Resources on Various Themes

Theme 3 : Stress and Emotion Management

(Video) Emotion : Relax together (Chinese version only)

When children are emotionally unstable, how should parents identify it and help them reduce the impact of negative emotions? Experts will demonstrate interactive games to help children learn emotional management effectively.



<https://bit.ly/47m8t7h>

(Video) Anti-stress video : Learn to be grateful

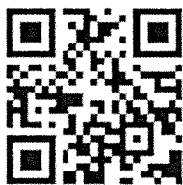
With a grateful heart, life can become positive. The video provides examples to help parents understand the benefits of gratitude to the psychological well-being and the ways to express gratitude so as to build a closer family relationship.



<https://bit.ly/47nEbks>

Prevention of damage from toxic stress

Practical information helps parents understand how to maintain a stable and gentle relationship with their children, so as to instill a sense of security in them to face adversity.



<https://bit.ly/3uo98q4>

Use “think – say – do” to control stress

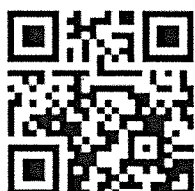
Parents are very concerned about their children’s learning progress, their physical and psychological well-being as well as mental health. Everyone has pressure, but not everyone can express it. How can parents be more aware of their children’s emotional behavior?



<https://bit.ly/40IVVnT>

Safeguard children’s mental health - Prevent youth suicide

Children at puberty will experience physical and mental growth challenges and adversities. Parents should pay attention to their children’s warning signs and seek support as soon as possible.



<https://bit.ly/3sJBf2z>

How to help children cope with sudden crises

An educational psychologist shares how to understand children’s emotions by observing their behavior, especially how to help children deal with their emotions when facing a crisis.



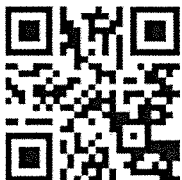
<https://bit.ly/3SMancM>

“Smart Parent Net”: Recommendations on Resources on Various Themes

Theme 4 : Learning and Facing Examinations

(Video) Tips on guiding children to do homework

Many parents’ pay much attention to their children’s homework performance, believing that doing homework well can enhance learning outcome. The video provides tips on guiding children to do homework and ways to support children’s learning.



<https://bit.ly/3QPjBCz>

(Video) The Pressure to be like Mum

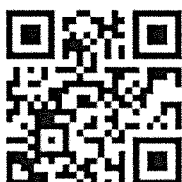
When parents are well-educated professionals, shall children have more privileges in learning and studying? Or shall they be more stressful? The video inspires parents on how to effectively relieve the pressure of their children.



<https://bit.ly/32SxBD4>

(Video) Cultivating children’s active learning (Chinese version only)

The video provides tips to help parents discover children’s interests, enhance their curiosity, and cultivate children’s active learning.



<https://bit.ly/3G876x2>

Myths about homework (Chinese version only)

Homework is a subject of great concern to parents. Timely affirmation and encouragement to children to actively strive for progress in learning can improve their learning effectiveness.



<https://bit.ly/3ujZg0x>

Revise Effectively - Coaching Effectively (for Parents of Secondary School Students)

How can children with attention deficit or hyperactivity disorder develop a good learning habit? Parents can try to use REAP approach to set up with their children a plan to “Revise for Exam”.



<https://bit.ly/3sJlZTq>

Supporting children during examinations

It is always beneficial to have parents’ companionship, care and encouragement. Just choose the method from the infographic that fit you most.



<https://bit.ly/3dTXsR9>