

學校社工致家長的信-談談「愛」

致各位家長:

「那使我想順從我心。當我說：愛不是人類發明的，是顯著的、強大的，這一切一定有意義。也許愛更意味深遠，是我們無法了解的。也許是某種證據，是我們無法自覺得更高次元產物。愛是唯一我們能感知，超越時空次元的東西，也許我們該信任愛，即使我們還無法瞭解。」

這是一套電影名為《星際效應》的經典對白。當疫症蔓延時，當我們身心感到疲憊時，在憂心忡忡的日子裡，希望各位家長及同學也緊記我們還有「愛」，重要的是與家人及身邊人分享這份愛。

學校社工

梁姑娘 曾姑娘

家長篇

1. 父母學懂幾招，子女焦慮可消！(資料來源: 教育局)

[https://www.parent.edu.hk/article/\(%E5%BD%B1%E7%89%87\)-%E7%88%B6%E6%AF%8D%E5%AD%B8%E6%87%82%E5%B9%BE%E6%8B%9B-%E5%AD%90%E5%A5%B3%E7%84%A6%E6%85%AE%E5%8F%AF%E6%B6%88](https://www.parent.edu.hk/article/(%E5%BD%B1%E7%89%87)-%E7%88%B6%E6%AF%8D%E5%AD%B8%E6%87%82%E5%B9%BE%E6%8B%9B-%E5%AD%90%E5%A5%B3%E7%84%A6%E6%85%AE%E5%8F%AF%E6%B6%88)

2. 逆流而上.家添愛 - 家長手冊 (資料來源：香港家庭福利會)

<https://www.hkfws.org.hk/assets/files/whats-news/familytips1.pdf>

學生篇

初小篇-實踐自律生活

1. 「生活教育活動計劃」停課不停學-網上輕鬆學習證書計劃 (資料來源：生活教育活動計劃)

<https://www.leap.org.hk/tc/programme.php?cid=31>

高小篇-關顧身心篇

1. 下載我的抗疫校園 ~ 疫境變「焦」(上集) (下集) (資料來源：香港家庭福利會)

<https://www.hkfws.org.hk/assets/files/whats-news/covid-happy.pdf>

親子活動篇

如何透過桌遊提昇小朋友的情緒管理(由學校社工製作)

<https://youtu.be/HtV3FtEsmCA>

A letter to parents: Love is ...

Dear parents,

“Love isn’t something we invented. Its observable, powerful. It has to mean something... Maybe it means something more—something we can’t yet understand. Maybe it’s some evidence, some artifact of a higher dimension that we can’t consciously perceive. I’m drawn across the universe to someone I haven’t seen in a decade who I know is probably dead. Love is the one thing that we’re capable of perceiving that transcends dimensions of time and space. Maybe we should trust that, even if we can’t understand it.”

This polarizing speech is quoted from a movie which is called "Interstellar". In the adversity, parents might feel worried and exhausted, but we need to bear in mind that love is all around and we can share our love.

Best regards,

Miss Leung & Miss Tsang

For the Non-Chinese Speaking Parents and Students

1. Fun to Move at JC (Fun Dance) (Source: Fun To Move at JC)

<https://www.youtube.com/watch?v=-ySrHf-VgUc>

2. How to enhance children’s emotion management through playing boardgames (Source: School Social Worker)

<https://youtu.be/HtV3FtEsmCA>