



Hong Kong St. Louis School Parents-Teachers Association
Circular No. 06 (23-24)

9th December, 2023

Parents Art Workshop
【Topic: "Emotions and Expectations "】

Dear Parents/Guardians,

Our Association will cooperate with Hong Kong Family Welfare Society to promote the Jockey Club "Promoting Family Resilience "Project. The project aims to enhance family resilience in overcoming external challenges via promoting positive family beliefs, fostering mutuality in families, and enhancing positive coping strategies of families.

A Parents Workshop will be held on 16th December, 2023. The topic of this art workshop is "Emotions and Expectations", as children grow up, families face various changes and have different pressures and expectations on their upbringing. Rather than worrying about the unknown, it is better to embrace change. The theme of this art workshop is "Emotions and Expectations". Let us make alcohol ink flow animations together and learn how to care for ourselves, understand expectations and adjust through activities. Cultivate your mentality, try to explore different ways of getting along, and experience the stress reduction method of "meditation" to deal with the stress and challenges in daily life.

All parents/ guardians are cordially invited to participate. The details of the activities are as follows:

Topic :	"Emotions and Expectations "
Content:	Alcohol Ink Art and Meditation Practice
Target :	All Parents/ Guardians
Language :	Cantonese
Date :	16 th December, 2023 (Saturday)
Time :	2:30 p.m. - 4:00 p.m.
Venue :	Multimedia Language Learning room (MMLL)

Please complete the reply slip and return it through eClass system before Wednesday, 13th December, 2023.

Yours sincerely,

Yau Wai Yin
The Chairman
Hong Kong St. Louis School Parents-Teachers Association



Hong Kong St. Louis School Parents-Teachers Association
Circular No. 06 (23-24)

Parents Art Workshop
Topic: "Emotions and Expectations"

I *will / will not attend the Parents Art Workshop, 【Topic: "Emotions and Expectations"】 of 16th December, 2023 (Saturday).

Student Name: _____ Class and No.: _____
No. of Attendees: _____ Date: _____
Parent Name: _____ Parent Signature: _____
If participating, please fill in your phone no. : _____

* Please delete where inapplicable.

※Please return the reply slip through eClass before Wednesday, 13th December, 2023.



香港聖類斯中學家長教師會

通告第 06 號 (23-24)

【家長藝術工作坊】

【主題：「繪情繪聲·情緒與期望」】

敬啟者：

本會將聯同香港家庭福利會合作推廣賽馬會抗逆有「家」計劃，於 12 月 16 日舉辦家長工作坊。該計劃目的是協助家庭建立正向的家庭信念，促進家人彼此支持的關係及提升積極解難的能力。

然而，子女於成長期間，家庭面對各種的轉變，於教養上有著不同的壓力及期望。與其擔心未知，不如擁抱變幻，是次藝術工作坊的主題是「繪情繪聲·情緒與期望」，讓我們一起製作酒精墨水流動畫，透過活動去學習如何關顧自己、了解期望及調整教養心態，從而嘗試發掘不同的相處方式，從而體驗以「靜觀形式」的減壓方法處理日常生活中的壓力及挑戰。

現誠邀全校家長／監護人踴躍參加，有關活動的詳情如下：

主 題	「繪情繪聲·情緒與期望」
形 式	酒精墨水畫體驗 及 靜觀練習
對 象	全校家長／監護人
語 言	廣東話
舉辦日期	2023 年 12 月 16 日 (星期六)
舉辦時間	下午 2：30 至 4：00
舉辦地點	多媒體語言學習室 MMLL

敬請填妥下列回條，並於 12 月 13 日（星期三）前經 eClass 交回。

此致
貴家長

游偉賢謹啟
香港聖類斯中學家長教師會會長

二零二三年十二月九日



香港聖類斯中學家長教師會 通告第 06 號 (23-24)

「家長藝術工作坊」回條

【主題：「繪情繪聲·情緒與期望」】

本人 _____ (家長/ 監護人姓名) 為學生 _____ (班級 _____ 學號 _____) 的家長/ 監護人，將 樂意/ 無暇 * 參加於 12 月 16 日「家長藝術工作坊」，出席人數合共 _____ 人。

家長姓名：_____

家長/監護人簽署：_____

簽署日期：_____

如參與請填寫：

聯絡電話：_____

*請刪除不適用者/ 請加✓號

※回條請於 12 月 13 日（星期三）前經 eClass 交回。