

# 「家長智Net」

## 全新電子通訊訂閱功能

### New e-newsletter subscription function of "Smart Parent Net"

教育局於2018年設立了一站式家長教育網頁「家長智Net」(<https://www.parent.edu.hk/>)，發放支援學生身心發展的重要資訊，包括親子關係、管教技巧、家長情緒管理等。內容多元化，當中包括：

The EDB set up a one-stop parent education website "Smart Parent Net" (<https://www.parent.edu.hk/>) in 2018 to disseminate important information on supporting physical and psychological development of students, which includes parent-child relationship, parenting skills, and emotional management of parents, etc. Diversified contents include:

- 專題短片和文章 Thematic video clips and articles
- 專家和學者建議 Advice from academics and experts
- 家長和校長經驗分享 Experience sharing by parents and principals



「家長智Net」早前推出全新電子通訊訂閱功能。家長利用二維碼登記訂閱服務，便可透過電郵獲得「家長智Net」的最新資訊。

A new e-newsletter subscription function has been launched at the "Smart Parent Net". Parents can register for the subscription services through the QR code and receive the latest information of "Smart Parent Net" via email.

<https://www.parent.edu.hk/>



## 「童真同心照未來」 家長教育短片創作比賽

Video Production Competition on Parent Education  
"Light Up a Bright Future with Your Child"

### 主題 Theme

正向教養，鼓勵父母與子女同心建立良好的親子關係，共建正向人生，創建美好將來。

Positive parenting and encouraging parents to establish a good parent-child relationship, develop a positive life with children and light up a bright future together

### 組別 Categories

小學/ 中學/ 親子/ 公開組  
Primary/ Secondary/ Parent-child/  
Open Group

### 獎項及獎品 Awards and Prizes

各比賽組別分別設有：  
Each category will present:

**冠軍：獎狀及港幣 5,000元禮券**  
Champion: Certificate of commendation + HK\$5,000 gift voucher

**亞軍：獎狀及港幣 3,500元禮券**  
1st Runner-up: Certificate of commendation + HK\$3,500 gift voucher

**季軍：獎狀及港幣 2,000元禮券**  
2nd Runner-up: Certificate of commendation + HK\$2,000 gift voucher

**優異獎(5個)：獎狀及港幣 1,000元禮券**  
Merit Prize (5 awards): Certificate of commendation + HK\$1,000 gift voucher

**最具人氣獎：獎狀及港幣 1,000元禮券**  
The Most Liked Award: Certificate of commendation + HK\$1,000 gift voucher

**最積極學校參與獎(只適用於小學及中學組別)：獎盃及港幣 5,000元禮券**  
Most Active Participating School Award  
(Only applicable to Primary and Secondary Groups):  
Trophy + HK\$5,000 gift voucher

所有參賽者均獲贈紀念品一份。All participants will receive a souvenir.



截止日期Deadline  
2022年4月11日(星期一)  
11 April, 2022 (Monday)



<https://bit.ly/3G8NreR>  
立即閱覽比賽詳情及報名  
Check out the details and  
submit your application now



# 「玩轉親子樂」巡迴展覽

"Playtime with Children" Roving Exhibition

「Light 家庭」於2022年2月開始，走訪多區大型商場與家長分享「點解玩」、「點樣玩」。巡迴展覽內容包括：

The "Light Family" is going to share with parents on "Why to play" and "How to play" at shopping malls in various districts from February 2022 onwards. The exhibition contains the following features:

- 精彩影片播放及「Light 家庭」照相區  
Video gallery and "Light Family" photo booth corner
- 親子桌上遊戲  
Board game for parents and children

場內所有活動費用全免，紀念品以先到先得形式派發  
Activities are free of charge and souvenirs will be available on a first-come-first-served basis

「玩轉親子樂」展覽板會在多個公共屋邨巡迴展出  
Roving exhibition panels will be held in various public housing estates

有關展覽日期及地點，請掃描以下二維碼。

Please scan the following QR code for the exhibition dates and locations.



<https://bit.ly/3GGsR5o>

萬勿錯過  
Don't miss out



# 「Light家庭」家長教育動畫系列

"Light Family" Parent Education Animation Series

「Light家庭」家長教育動畫系列共有五輯動畫，內容圍繞「媽咪Light」、「爹哋Light」以及「暖笠笠」和「亮晶晶」的家庭生活點滴和故事，藉以讓家長了解自己在子女成長和學習上所擔當的重要角色，並反思教養子女的方法。以下分別是五輯動畫的主題：

The "Light Family" parent education animation series presents five episodes of animations. The content revolves around the family life and stories of "Mommy Light", "Daddy Light", "Warmie" and "Glowie", through which parents can understand their vital role in the growth and learning of their children, and reflect on their ways of raising children. The themes of the animation series are as follows:

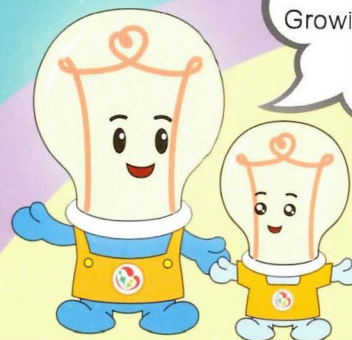
正向家長，以身作則  
Positive Parents.  
Practise What  
You Preach

我的方法是最好的？  
Is My Method the Best?

不忘・初心  
Never Forget Your Original Intention

爸爸媽媽也不是超人  
Dad and Mom are not Supermen

伴你成長  
Growing Up with You



<https://bit.ly/3IG0IVz>

立即收看  
Check it out