

2023-2024



第一期

保良局唐乃勤初中書院

家長教師會

「愛自己」

會訊

## Cherish Yourself, Manage Yourself, Embracing Positive Thinking

In today's fast-paced and increasingly complex world, the challenges faced by teenagers can be overwhelming. Among the issues that have emerged in recent times is the alarming rise in teenage suicide cases. It is a stark reminder that, now more than ever, young individuals need to prioritize their own well-being and learn effective self-management. By cultivating positive thinking and nurturing a healthy relationship with themselves, teenagers can embark on a journey of self-discovery, resilience, and personal growth.



Principal's  
Message

### Embrace Self-Acceptance

The first step towards cherishing oneself is embracing the idea of self-acceptance. Recognize that you are unique, with strengths and weaknesses, and that it's okay to have imperfections. Embrace your individuality and learn to love yourself unconditionally. Emphasize your positive qualities and focus on personal development, rather than comparing yourself to others. Remember, it is your journey, and you have the power to shape it.

### Nurture a Growth Mindset

Adopting a growth mindset is crucial for managing oneself effectively. Believe in your ability to learn and grow from challenges and setbacks. Instead of viewing failures as permanent roadblocks, see them as opportunities for growth and improvement. Embrace a "can-do" attitude and approach obstacles with resilience and determination. By embracing a growth mindset, you will develop the skills and mindset needed to overcome any adversity that comes your way.

### Practice Self-Care

Managing oneself involves taking care of both physical and mental well-being. Prioritize self-care activities that recharge and rejuvenate you. Engage in activities that bring you joy and help you relax, such as hobbies, exercise, or spending time in nature. Cultivate healthy habits, like getting enough sleep, eating nutritious meals, and maintaining a balanced lifestyle. Remember, taking care of yourself is not a luxury; it is a necessity.

### Build a Supportive Network

Surround yourself with a supportive network of friends and family who uplift and inspire you. Seek out positive relationships that encourage personal growth and well-being. Share your thoughts and feelings with trusted individuals who can offer guidance and support. Remember, you are not alone in your struggles, and seeking help is a sign of strength, not weakness.

### Practice Gratitude and Positive Thinking

Developing a habit of gratitude and positive thinking can have a profound impact on your overall well-being. Regularly reflect on the things you are thankful for and focus on the positive aspects of your life. Replace negative self-talk with affirmations and constructive thoughts. Cultivate a positive outlook on life, even during challenging times, and remind yourself of your worth and potential.

Cherishing yourself and managing yourself is a lifelong journey that requires dedication and self-reflection. By embracing self-acceptance, nurturing a growth mindset, practicing self-care, building a supportive network, and cultivating gratitude and positive thinking, teenagers can empower themselves to navigate the complexities of life with resilience and positivity. Remember, you are capable of greatness, and by prioritizing your well-being, you can shape a future filled with happiness, success, and fulfillment.



## 家長教師會主席楊寶欣女士



曾幾何時，我在青少年時，也曾嘗試過放棄自己。因我覺得身邊沒人愛我、關心我、了解我，不論在家庭、學校、社會都得不到認同！當我慢慢真正步入社會後，當然也少不免遇到重重困難與障礙，才驚覺父母和老師一直以來都在教導我做人的道理，讓我學習怎樣融入社會，如何面對逆境，所以我很快便能適應社會，活得比過去精彩。當成為人母後，更慶幸自己能活於世上，正因活著，我才能擁有今天的幸福。我常跟孩子分享由懷孕至現今的所有的經歷，告訴他們生命來得一點也不容易。此外，我亦從不吝嗇地跟孩子說我最愛的就是他們，因為我相信，只有擁有愛的人才能懂得怎去愛別人。回想當日，若我真的放棄了自己，怎會有今天精彩又幸福的人生呢？因此，我們要好好珍惜生命，去創造更精彩的未來。

## 家教會副主席關翠雯女士

只有懂得自愛的人，才能夠被別人愛護。那麼何謂愛惜自己？在產生愛的過程，我們先要認識自己。可惜，很多人自以為很了解自己，其實不然。例如，他人口中的「我」，思想可能有點負面，但我卻覺得自己思想很正面、樂觀。只有全面地認識自己，便能對自己產生情愫，學會為自己著想，愛惜自己的性命，願意花時間做著自己喜歡的事，更絕不會做出自殘的行為。

有人說：「打者，愛也。」我們千萬不要認同這種不合理的思想，一個傷害自己的人又怎可能會真心愛惜你呢？我們在成長過程中，可能會遇到很多事情令自己產生負面情緒，但只要你不逃避問題，每一件令人不悅的事情都能成為一道讓你成長的階梯。

## 家教會委員周淑芬女士

Being a parent of a secondary student, we used to encounter with situations like all teenagers do, in association with school, friends, family - getting frustrated to decide in friendship between worrying to lose friends or being able to be true to your own feeling, getting disappointed from your expectation and avoided taking up challenges. This utterly derives from lacking love of oneself.

I used to be a very shy, less confident, and phobic to express myself during my childhood. In confronting with rejection, my utmost worry is to let people down instead of being true to my own feeling, it conflicted with my inner belief and guilty of short-changing of myself to be not "me" in my juvenile. The doubt of my own value pertained. As years gone by, I started to learn to accept myself fully, began to appreciate myself on what I think, strived to understand my own value, my strength and weakness and most importantly, about the draw the boundaries that works for me in some situation. The increasing resilience nurtured my courage to solve the problem and explore any opportunities to grow.

"Embracing my true self to become better each day" is my motto for self-love. I hope you guys, to be mindful to your self-esteem and self-compassion and be able to find your own self affirmation to be a better person!



## 2B Chan Yuen Yan Rose

Self-love is important to us because it motivates a lot of our positive behavior while reducing negative behavior. It both empowers us to take risks and to say no to the things that just don't work for us. It's a key component for building self-compassion. Self-love can also help us take care of ourselves, lower stress, and strive for success. If you can learn to love yourself, you will feel happier and you will be able to learn how to take better care of yourself, it can not only provide you with self-confidence and self-worth but also emotional strength. If you can love yourself, then others will be able to like you easier. Honestly, self-love is one of the best ways to understand yourself better.

## 2B班 鄭馨妮同學

我曾經看過一本書，書中的女主角跟我們很多人一樣，平凡、普通，但她迎著風雪，無畏前行，並不是因為她天生就有多麼堅強的心態，有多麼完美的家庭。她只是一個平凡的人，但她足夠愛自己，於是她擁有了這些美好的品質。我心下震撼——是啊！我們都是普通人，我要見到光明的最好方式，不就是愛自己，讓自己變得堅強，樂觀的面對人生嗎？

當今社會總有人覺得生活不如意，似乎周圍都有著可悲的厚障壁在阻擋著自己走向成功。前有名為功名利祿的虎，後有名為期期艾艾的狼，而自己則是被困其中的兔，無法找到擺脫困境的方法。為了得到「解脫」而傷害自己，企圖用石子激起水花，可這是正確的方法嗎？兔死於其中，其遺體被猛獸分食，最後歸為一捧泥土，徒留有心之人黯然神傷，死去的毫無意義，最終石沉大海，難道這種解脫就是所謂的自愛嗎？——其實兔子可以嘗試利用自己的優勢，擺脫所謂的束縛，掙脫名為「困境」的囚籠，其實並沒有人要這隻弱小兔子去愛世界，兔子只需愛自己就夠了，所謂自愛，其實並不需要掩蓋所有人的光芒，只需要成為星空中那一顆平凡又閃爍著光亮的，熠熠生輝的星。畢竟只有月亮的夜晚是不完整的，滿天星光與日月爭輝，才能構成一幅名為天空的畫卷。這才是我們需要看到的——陌生的人啊！請不要自我唾棄，在愛世界之前，先學會接納自己、理解自己，然後好好的愛自己吧！





## 3A班 胡錦怡同學

曾經有一個人在我人生低谷時對我說：「你要先學會愛自己，才能好好愛別人。」這句話深深烙印在我的腦海裏。我回憶起那時的場景……

我剛升上中學，每天都背負著沉重的學習壓力，心中早已千瘡百孔、心力交瘁，數不盡的作業及測驗把我壓得喘不過氣。我不斷努力向上，妄想能取得好成績，可結果卻不盡人意。當我快要崩潰之際，我做了一個夢。在夢境裏，我遇見了一個人，我看不清她的樣子，我只能隱隱約約的看到她的身影。她告訴我：「你要先學會愛自己，才能好好愛別人。」她似乎很了解我的擔憂。臨別時她叮囑我要好好愛護自己，學會釋放壓力，我將來一定是個很成功的人。直到第二天，鬧鐘打碎了我的夢境，可在那一天後，我果真相信了那個疑幻疑真的夢，我開始聽從夢境裏那個人所說的話，學會好好愛自己，嘗試用不同方法去釋放壓力。

世界上雖然有很多不愉快的事情，但是我們只要肯克服，事情並非我們所想的糟糕。我們要愛自己，世界才能照亮我們。

## 3D班 朱子晴同學

平日在家看新聞報導，媽媽偶爾也會問哥哥和我的想法，例如：有人選擇輕生，在人生旅途上止步，媽媽會問：「你們覺得這些人的選擇是對還是錯？」我們都覺得這樣做很傻，因媽媽常說，人生必定會遇到重重困難，而每一個困難，必定有千千萬萬的解決方法，若我們輕易放棄自己，那麼就看不到雨後彩虹有多美麗，亦沒機會知道往後的人生何等精彩。父母必定是最傷心的人，子女是父母生命中的全部，失去了自己疼愛的孩子那種傷心欲絕的感覺是難以想像的。

另一方面，每當看到有犯毒、吸毒的新聞，媽媽都會說：「每個人都要為自己的過錯，承受應有的懲罰。」犯毒可能令當時的你，帶來一些不義之財，但賠上的是自己一生的前途；吸毒可能令當時的你，換來一絲虛無飄渺的快感，但換來的是自己身體健康受損，值得嗎？我們當然覺得不值得。父母含辛茹苦養大我們，多年來給予我們的愛、照顧及栽培，若這種方式去傷害自己，是非常之不孝。如身邊有朋友是這樣，亦應勸喻他們遠離毒品，若他們選擇沉淪，我們就應該和他們疏遠，朋友要認真去挑選，寧缺勿濫呢！原來，愛自己其實很簡單，珍惜生命，千萬不要行差踏錯，以免一失足成千古恨。



# 聯校家教會親子旅行 (18-11-2023)



兩校師生於沙頭角農莊留影。



家長委員及梁助校頒獎給抽獎環節的得獎者。



黃校長頒獎給抽獎環節的得獎者。



黃校長頒獎給抽獎環節的得獎者。



家長及師生於燒烤活動時留影。



家長及師生於燒烤活動時留影。



家長及莊預師生於燒烤活動時留影。



家長及師生於燒烤活動時留影。



趙副校頒獎給抽獎環節的得獎者。



# 第二十屆週年會員大會(3-11-2023)



黃校長致辭



黃校長與第二十屆家長教師會執行委員大合照



由黃校長及梁助校監督點票程序



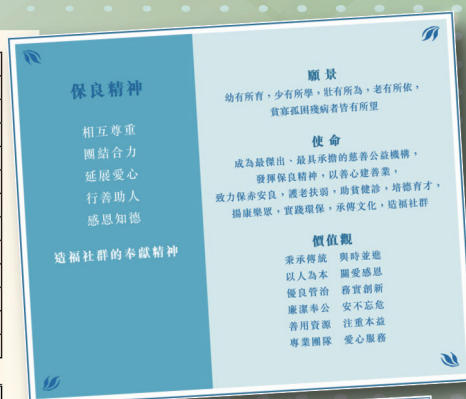
候選幹事進行自我介紹

## 23/24年度執行委員會

職位	主席	副主席	財政	文書	康樂	聯絡	出版
家長委員	楊寶欣女士	關翠雯女士	林素儀女士	陳訓強先生	朱路青女士	尹熾琪女士	周淑芬女士
老師委員	/	馬啓星老師	鄭旭老師	陳漢成博士	黃凱宏老師	郭子傑老師	潘斯斯老師

## 家長教師會23/24年度收支表

		家庭與學校合作活動資助			家教會戶口	
		活動(1)	活動(2)	經常津貼	HSBC	餘額
		\$0.00	\$0.00	\$40,074.8		
		\$10,000.00	\$10,000.00	\$5,978.00		
1-9-23	22/23 學年結餘					\$54,551.44
5-9-23	郵寄結單費用(9月)				(\$20.00)	\$54,531.44
6-10-23	郵寄結單費用(10月)				(\$20.00)	\$54,511.44
23-11-23	聯校家教會親子活動收入 I				\$9,424.00	\$63,935.44
27-11-23	聯校家教會親子活動旅行社支出				(\$26,160.00)	\$37,775.44
1-12-23	聯校家教會親子活動禮物支出				(\$822.00)	\$36,953.44
5-12-23	郵寄結單費用(11月)				(\$20.00)	\$36,933.44
12-12-23	聯校家教會親子活動收入 II				\$974.00	\$37,907.44
12-12-23	23/24 家教會會費				\$13,770.00	\$51,677.44
		\$10,000.00	\$10,000.00	\$46,052.80		
	home-school funding			\$66,052.80	HSBC	\$51,677.44



### 編輯成員名單：

潘斯斯老師 ● 家教會委員周淑芬女士

### 鳴謝：

黃仲奇校長 ● 家教會主席楊寶欣女士

家教會副主席關翠雯女士

家教會委員周淑芬女士 ● 2B Chan Yuen Yan Rose

2B鄭馨妮 ● 3A胡錦怡 ● 3D朱子晴 ● 施積奇老師 ● Ms Janie

