



給家長和老師們的信 (2024/2025-3)

親愛的家長和老師們：

2024匆匆的走過了，校曆表和日程表掌控了一切，沒有停下來的時刻，新的一年已經降臨，新的一年、新的開始，又是檢討與計劃的時候了，即使有最崇高的理想，最正確的目標，缺少了行動，就只是空言、空想，永遠不能實現，所以訴諸行動是最重要的。

要實現自己的夢想，首先要認識自己、了解自己，曾經在周會向學生們介紹了一個古希臘的謎語：「什麼動物清晨是四條腿爬行，中午是兩條腿走路，晚上是三條腿行走？」答案是：「人」，但在神話裏很多人都猜不到，如果我們不能清楚了解自己，就很難為自己作出計劃，定下目標，無論是家長、老師和孩子，必須透過自我醒覺的經歷，才能為自己寫下更清晰，更真實的目標，夢想才能實現。

在這個多變的世代裏，大家更要學會聆聽和觀察，特別是老師和家長，這是建立良好關係的最重要技巧，更要能全面的去聆聽，就是不僅聽表面的話語，更要能深入體會每一句話的深意，然後才能有真正的對話，談話和討論是溝通的最有效工具。

學習不是孩子們的專利，老師和家長更需要不斷地學習，一同享受學習帶來的喜悅，分享和交流，思考和批判，讓知識成為能力，還需要謙虛和勇氣，才能和孩子們一同面對挑戰。

我們學校家校的合作無間，是建基於互信互諒，信任是任何合作的基礎，只有在和諧關愛的氛圍下，孩子們才能健康並愉快地成長，祝願在未來的日子裏，每一個孩子都能獲得尊重，因為每個孩子都不一樣，成長的歷程各有不同，只要我們相信，就能培養他們有信心、有毅力去實現他們的夢想，活出快樂的人生。

祝大家新年進步，生活幸福美滿

劉筱玲博士
創校校長及榮譽顧問
2025年元旦

Dear Parents and Teachers,

2024 passed by in a hurry. The school calendar and academic schedule dominated everything. There is hardly ever time to stop. A new year beckons and has arrived. It is a new year; a new beginning, bringing renewed hope. It is time to review the past year and plan for the next. Even if you have the noblest ideals and the most worthy aspirations, without action, they are merely empty words. It is most important that we take action to improve life.

To fulfill your dreams, you must first know and understand yourself. I once introduced an ancient Greek riddle to the students in our weekly assembly: "What animal crawls on four legs in the morning, walks on two legs at noon, and walks on three legs in the evening?" The answer is: "people", but surprisingly many people fail to appreciate that if we cannot clearly understand ourselves, it will be difficult to make plans and set personal goals. Parents, teachers and children must build and use their own self-awareness. Only through this experience of awakening can you establish clearer and more realistic goals for yourself, and personal dreams can be fulfilled while pursuing your own happiness.

In today's ever-changing times, everyone must appreciate the value of listening and observing, especially teachers and parents. This is the most important skill in building good relationships. It is also necessary to be able to listen comprehensively, that is, not only to hear words superficially, but also to pay attention to intonation and body language. Real dialogue can only be exchanged where we use the power of empathy to understand the deeper meaning of each sentence. Conversation and regular discussion are the most effective tools for genuine communication.

Learning is not just for children. Teachers and parents also need to keep learning, while enjoying the process of learning together—sharing and communicating, thinking and critiquing, and turning knowledge into skills. Humility and courage are also needed to face challenges with the children.

The close cooperation between our school and the home environment is based on mutual trust and mutual understanding. Trust is the basis of any cooperation. Only in a harmonious and caring atmosphere can children be raised healthily and happily. I wish for every child to grow up healthily and happily in the future. Recognise and celebrate their diversity, because each child is unique and has a different pathway towards growth. As long as we believe, we can cultivate children to have the self-confidence and determination to realise their dreams and live a happy life.

I wish you all a Happy New Year and a happy life in 2025 and long afterwards.

Dr LAU, Siu-Ling
Founding Principal School Consultant