

Parents' Education Exhibition and Activities

(13 February 2026)

On Parents' Day, 13 February 2026 (Friday), our school successfully hosted an exhibition and a series of activities on Parents' Education. The event was supported by the Boys' & Girls' Clubs Association of Hong Kong, which provided a wide range of services, including a mental health information booth, a family and emotional support exhibition, a stress-relief handicraft workshop for parents, and counseling and case consultation service.

Guided by social workers, parents and students collaborated to make herbal sachets. By selecting and combining different herbs and flowers, participants experienced the calming and soothing effects of natural scents. The process not only taught simple crafting skills but also encouraged emotional sharing and self-healing, while strengthening communication and support between parents and children.

The exhibition featured themes such as "Understanding Adolescent Development and Promoting Healthy Growth" and "Community Family Support Services". In addition, one-on-one emotional support, parent-child communication techniques, and community resources recommendation were provided. The event aimed to help parents gain deeper insight into the growth process of adolescents, fostering their children's healthy, joyful, and balanced development, enhancing parents' own well-being, and strengthening collaboration and communication between home and school.



Principal YUEN (back row 6th left), Mr. LO Wai-yan, Assistant Principal (back row 7th left), Mr. KWOK Wing-man, Assistant Principal (back row 6th right), Ms. KWAN Ki-shun, Assistant Principal (back row 5th right) and Ms. YAU Hau-yin (back row 5th left) take a photo with on-site social workers, instructors, parents and students



Social workers guide parents and students to make herbal sachets together as a way of self-healing



A social worker shares knowledge about adolescent development and healthy growth with parents