



宣道會上書房中英文幼稚園

Christian & Missionary Alliance Scholars'
Anglo-Chinese Kindergarten

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Christian & Missionary Alliance
Kindergarten



家園同心 (五)

The Scholars' Scoop (5)

校長的話

Message from the Principal



親愛的家長：

今年我們參加由教育局舉辦的 3Es 情 + 社『小花園』課程，課程針對幼兒的認知控制發展，培育幼兒的工作記憶、抑制衝動及靈活應變三大能力。研究發現這三種認知能力和情緒社交發展有重要的關係 (Kwong et al., 2018)

課程透過簡單故事、趣味遊戲、生活化的情境和延展活動，幫助幼兒掌握一系列情緒社交技巧。整個學習過程中，老師透過遊戲讓幼兒知道 3Es 的規則，包括：1. 保持安靜，留心聽；2. 別人說完，我才講；3. 耐心等待，不用趕…等，亦教導幼兒有效的聆聽方法，包括：利用眼睛、耳朵和嘴巴提醒自己專注學習。課程亦安排各種訓練幼兒靈活應變的活動，幫助幼兒調整自己的行為，適應不同情況的要求。

幼兒從活動中學習尊重他人、感受別人的情緒、了解別人的想法，為建立幼兒的同理心打好基礎。

最後，我們誠意邀請家長與老師一起同行，留意幼兒在日常生活中可能出現的情緒行為，協助幼兒說出自己的感受及原因、與幼兒一起商討解決問題的方法、學習感恩、分享及關懷別人，幫助幼兒在成長路上打好基礎。

This year we participated in the 3Es Project, Social-Emotional Development "Little Garden" course organized by the Education Bureau. The course is aimed at the development of cognitive control in young children and cultivates their three major abilities: working memory, impulse suppression and flexibility. Research has found that these three cognitive abilities have an important connection with emotional and social development. (Kwong et al 2018)

The course helps students master a series of emotional and social skills through simple stories, fun games, activating situations and extended activities. Throughout the learning process the teacher uses games to let the students know the rules of the 3Es which include:

1. Keep quiet and listen
2. Speak only after others have finished speaking
3. Wait patiently and don't rush

There are also methods to help with effective listening, using their eyes, ears and mouth to remind students to focus on learning. The course also arranges various activities to train students to be flexible and adaptable to help students adjust their behaviour to meet the requirements of different situations.

Students learn to respect others, feel empathy for others' emotions and understand others' thoughts from activities. The combination of all these, lays a solid foundation for building students' empathy.

Finally, we sincerely invite parents to walk together with teachers to pay close attention to the emotional behaviours of our students in their daily lives. Help students to express their feelings and understand the reasoning behind them. Discuss with students how to solve problems. Learn how to be grateful and to share and care for others. Help students lay a good foundation so that they will grow up healthy and stable and ready to face challenges as they get older.

2/2024



上學期學校活動

First Term School Activities

4/9/2023	開學禮 Opening Ceremony
12/9/2023	低班：參觀陽光笑容小樂園 K2: Visit to Brighter Smiles Playland
22/9/2023	鞋子派對 (8、9 月生日會) Shoes Party (August & September Birthday Party)
29/9/2023	中秋節慶祝會 Mid-Autumn Festival Party
25-26/10/2023	低班活動：參觀杏花新城商場 K2 Activity : Visit to Paradise Mall
8/11/2023	高班活動：故事泡泡幼兒工作坊 K3 Activity : Story Bubbles Workshop
10/11/2023	睡衣派對 (10,11 月生日會) Pajamas Party (October & November Birthday Party)
16/11/2023	非華語學童活動：JOY 種小種子 (第一節) NCS Activity: Joining Opportunities For Non-Chinese Youngsters (First Session) Chinese Learning Support Programme
20-24/11/23	食物大募集 – 捐贈食物活動 Food Donation
24/11/2023	感恩節慶祝會 Thanksgiving Party
25/11/2023	家長講座 – 情緒發展與反映技巧 Parents' Seminar - Emotional Development and Technique
8/12/2023	幼兒班：百日慶祝會 K1: 100 Days Party
9/12/2023	全校親子旅行：保良局大棠渡假日營 Parent-and-Child Outing: PLK Tai Tong Day Camp
16/12/2023	杏花新城聖誕歌聲馬拉松 – 聖誕之夜表演 Paradise Mall Christmas Singing Marathon
19/12/2023	聖誕節親子嘉年華 Christmas Parent-and-Child Carnival
5/1/2024	交通工具派對 (12、1 月生日會) Transportation Party (December & January Birthday Party)

30/1/2024

團年飯
Reunion Dinner

31/1/2024

年宵市場
CNY Flower Market

1/2/2024

農曆新年慶祝會
Chinese New Year Celebration Party

2/2/2024

中華文化派對
Chinese Culture Party







K1 活動

K1 Activities



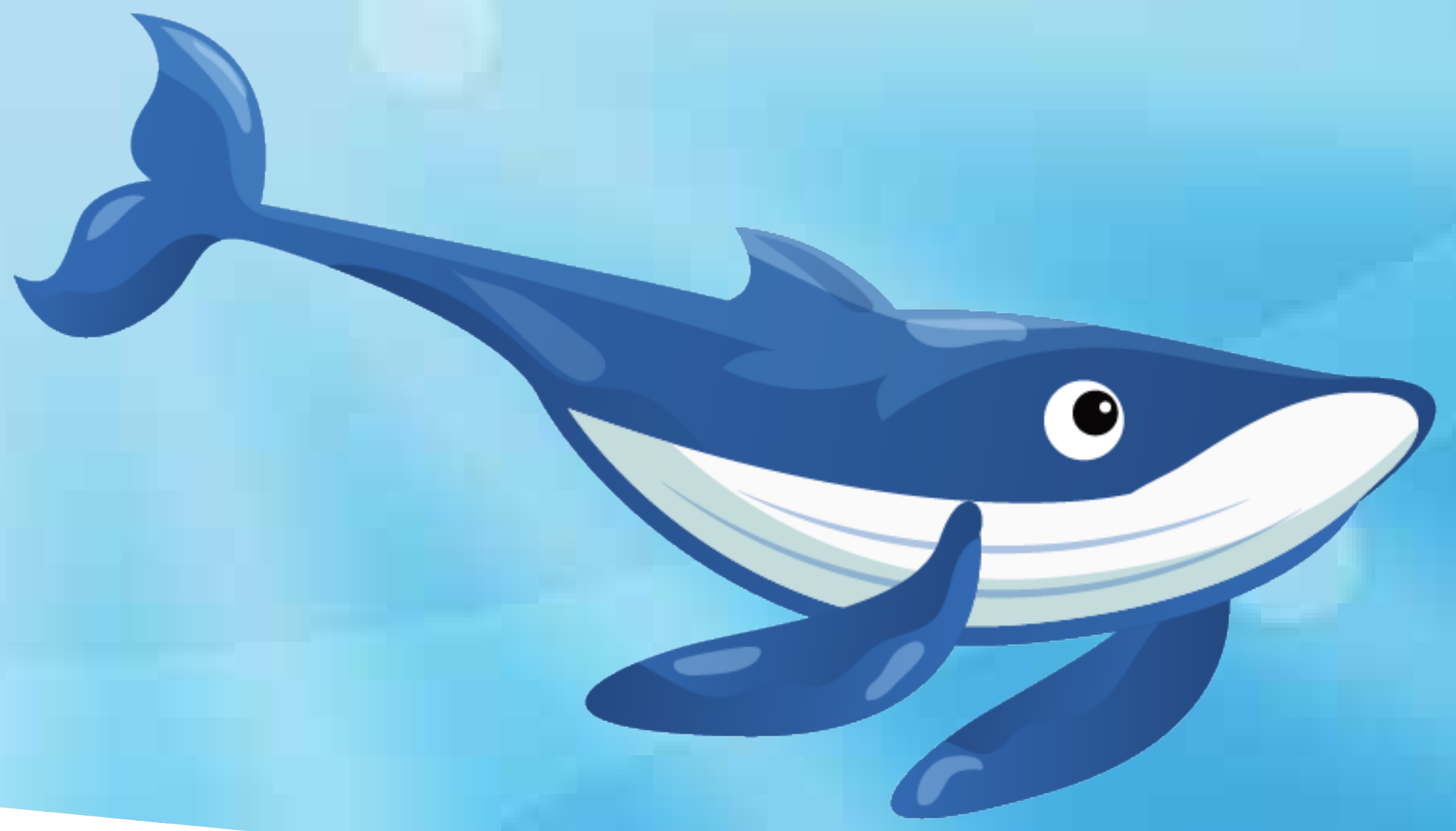
我們一起慶祝上學100天!
Celebrating 100 days of school together.



我們一起享受美味的茶點!
Enjoying yummy snacks together!



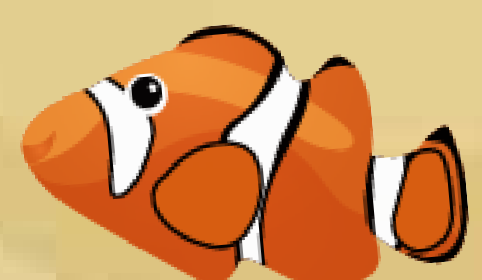
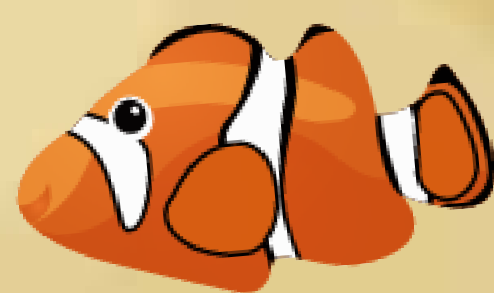
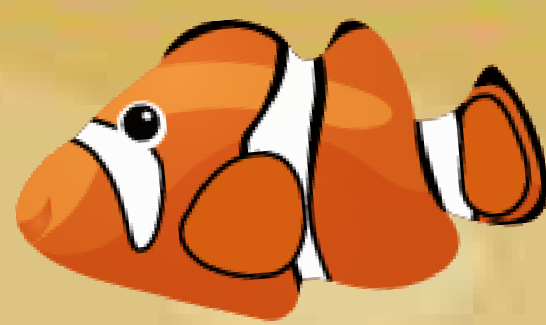
睡衣派對，真開心!
Pyjamas party, let's have fun together!



在啫喱中尋找珠寶。
Searching for jewels in the jelly.



幼兒進行試味，並說出食物的味道。
Taste and name the food.



K2 活動

K2 Activities



我們自己開設麵包店
Opening our own bakery shop!



到商場參觀麵包店
Visiting a bakery shop in the mall.



我們到快餐店參觀和進行訪問。
Visiting a fast food store for an interview.



我們的店舖開張了!
Our shop is finally open!



我們到快餐店參觀和進行訪問。
Visiting a fast food store for an interview.



我們在玩貨品分類遊戲!
Categorising items is fun!



K3 活動

K3 Activities



製作 Pancake, 很美味啊!
Making pancakes, they are so yummy!



我們參觀小學, 體驗小學的校園生活!
Experiencing half a day of primary school life!



我們一起吃燭光早餐, 學習餐桌禮儀。
My first ever candlelit breakfast and at the same time learning about table manners.



整意大利薄餅真係好開心呀！
Having a blast making our very own pizzas!



學習不同的職業十分有趣！
Having fun learning about different occupations!



興趣班

Interest Class



口才訓練班
Speech Training



小小科學家
Little Scientist



芭蕾舞班
Ballet



樂玩非洲鼓
Djembe Fun



英語小廚師
English Chef



小小英語戲劇家
English Drama





跆拳道班
Taekwondo



綜合美術班
Integrated Art



熊熊兒童合唱團
Bear Music & Drama Activity



上書房團隊

Scholars' Team

郭老師
Ms Kwok



任教班別:K2

我最喜歡觀賞不同地方的自然景色，觀賞大自然既可放鬆心情，亦可感受創造的奇妙！

Class: K2

I enjoy: Watching the natural scenery.

Reason: It relaxes my mind and I get to enjoy the wonder of creation.



鍾老師
Miss Chung

我最享受與朋友聚會，因為能讓我感到放鬆和愉快。

I enjoy: Gathering with friends.

Reason: It makes me feel relaxed and happy.

Ms Sofia



Class: K1

My favorite hobby is travelling. It gives us memories that we always cherish and countless irreplaceable learning that we get to experience!

林泳詩老師

Miss Lam



任教班別: K1-K3

我最享受去旅行, 因為可以體驗不同國家的文化。

Class: K1 - K3

I enjoy: Travelling the most.

Reason: I get to experience the different cultures of different countries.

梁柏玉老師

Ms Leung



任教班別: 非華語老師

我最喜歡與可愛的小動物互動, 因為牠們有趣的動態讓我心情愉快!

Class: NCS Teacher

I enjoy: Playing with cute animals.

Reason: Their adorable appearance brings me joy.

梁子琪老師

Miss Leung



任教班別: 非華語老師

我最享受看日落, 因為景觀很美麗和奇妙!

Class: NCS Teacher

I enjoy: Watching the sunset.

Reason: The view is so beautiful and amazing!

Ms Giselle



Class: K2

I enjoy: Visiting places.

Reason: It opens up my eyes to see beautiful places around me!

鄧寶玲老師 Ms Tang



任教班別: K3

我最喜歡吃火鍋，因為可以和家人、朋友一起相聚，慢慢吃、慢慢傾談，十分開心。

Class: K3

I enjoy: Eating hotpot with family and/or friends.

Reason: I can gather together with them and eat and talk together.

Miss Susan



Class: K1

I enjoy: Travelling

Reason: Experiencing different cultures and eating the yummy food there.

Mr Calvin



Class: K2B

I enjoy: Spending time with my doggy.

Reason: I'm happy when she is happy.

梁銘桓老師

Ms Leung

任教班別：低班老師

我最喜歡泰迪熊，因為我喜歡
它毛茸茸很可愛！



Class: K2

I like: Teddy bears .

Reason: They are fluffly and cute.

孫茜筠老師

Miss Suen

任教班別：K1

我最享受去旅行，參觀不同地
方景點，認識不同地方文化。



Class: K1

I enjoy: Travelling the most.

Reason: Visiting different attractions and understand
different cultures.

Ms Yasmeen



Class: K3

I enjoy: Travelling

Reason: Explore the richness of diverse cultures, traditions, and cuisine.

張艷婷老師 Miss Cheung



任教班別：高班

我喜歡秋天時去郊遊，除此之外，閒時我也會跟家人的小狗「咕咕」外出玩耍。

Class: K3

I enjoy: Going out during autumn time.

Reason: I get to spend time with my family's dog.

高小慧老師 Miss Ko



任教班別：幼兒班老師

我喜歡食雪糕，喜歡它甜絲絲，凍冰冰，讓人想起夏季。

Class: K1

I enjoy: Eating ice cream.

Reason: It's sweet and cold and reminds me of summer.

陳美芬
Ms Chan



我最享受在海邊吹風，因為很悠閒，很舒服。

I enjoy: Feeling the sea breeze on the beach.
Reason: It feels very comfortable and relaxing.

曹嘉雯主任
Ms Cho



我喜歡旅行，因為讓我心情好放鬆。

I enjoy: Travelling.
Reason: It makes me feel relaxed.

周曉晴主任
Miss Chow

我最喜歡家中的三隻寶貝：
Poppy、Pizza及Pasta。



I enjoy: Spending time with my cutie pies, Poppy, Pizza & Pasta
Reason: They are the loves of my life.

吳月娥姨姨
Auntie Mandy

我喜歡小手作，尤其喜歡花藝創作。



Class: K3
I enjoy: Making handicrafts.
Reason: My favourite is flower arrangements.

胡告麗姨姨
Auntie Lai

我喜歡去旅行，欣賞各地美麗的風景。



I enjoy: Travelling.
Reason: Enjoy the beautiful scenery that surrounds me.

劉燕姨姨
Auntie Yan

我喜歡行山，不但可強身健體更可欣賞香港美麗的景色。



I enjoy: Going hiking in Hong Kong.
Reason: It keeps me healthy and I can look at the beautiful scenery of Hong Kong.

蔡家蓮校長 Ms Choi



我最喜歡家中小狗。我最享受帶小狗出外散步。

Principal of Scholars'
I enjoy: Spending time with my dog.
Reason: I get to taking her out for a walk.



上書房的新朋友 - 孔雀魚一家

Introducing New Friends to Scholars' - The Family of Fish

上書房於 23-24 年度的關注事項是提升幼兒社交及情緒發展，因此，我們在校園入口處添置了小魚缸，飼養了孔雀魚一家。小朋友可在經過入口時，近距離靜心觀賞小魚和小蝦自由自在地游來游去，幫助小朋友舒緩情緒之餘，也可認識天父奇妙的創造。小朋友都很喜歡來探望小魚，見證牠們的成長過程。有時還興奮地發現魚媽媽為孔雀家族增添了不少新成員呢！由此可見，將大自然融入校園，能有效改善培養小朋友的正向情緒發展，讓他們學習愛惜生命，培養細心觀察和穩定的情緒。



The focus of 2023/24 is to improve on the social and emotional development of our students. For this reason, we have included a small fish tank at the entrance of the school, where there is a small school of guppies that live as well as other fish and shrimps.

When passing the entrance, students can observe the small creatures swimming freely at a close range. This will help calm and relax their emotions but at the same time allow them to understand the wonderful creations of our Heavenly Father. Students like to come and observe the creatures at different times of the day. Students witness their growth and the daily activities within the tank which creates curiosity. It is also an added benefit to see that there are mother fish and have added to the number in the tank with the babies they had.

It can be seen that integrating nature into the school has affectively improved and cultivated our students' positive emotional development. They will learn to cherish life and at the same time will develop careful observation skills and maintain stable emotions.

下學期活動預告

Upcoming Activities for Term 2

2 月份活動

February Activities

農曆新年慶祝會

CNY Celebration Party

親子中華文化派對

Parent-Child Chinese Culture Party

K3 參觀環保園

K3 ECO Park Visit

3 月份活動

March Activities

2 至 3 月份生日會

Feb/Mar Birthday Party

K1 , K2 親子旅行

K1, K2 Parent-Child Outing

K2 參觀海洋公園學堂

K2 Ocean Park Academy Visit

正向管教家長講座

Positive Discipline Parent Seminar

復活節慶祝會

Easter Celebration Party

K3 畢業旅行

K3 Graduation Outing

4 月份活動

April Activities

精靈寶庫親子活動

Parent-Child Stress Relief Workshop

5 月份活動

May Activities

4-5 月份生日會

Apr/May Birthday Party

家長紓壓工作坊

Parent Stress Relief Workshop

K3 參觀沙田博物館

K3 Shatin Museum Visit

K2 參觀交通安全城

K2 Traffic Safety Visit

K2 玩水活動

K2 Water Play Activities

K3 升小家長講座

Seminar for parents of K3,
Primary School Talk

6 月份活動

K2 消防講座

K3 畢業禮

June Activities

K2 Fire Fighter Talk & Activities

K3 Graduation Ceremony

7 月份活動

6-7 月份生日會

家長面談日

散學禮

July Activities

Jun/Jul Birthday Party

Parents' Day

End of School Year Closing Ceremony

