



明愛學校社會工作服務  
Caritas School Social Work Service

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第六期

# 享受校園



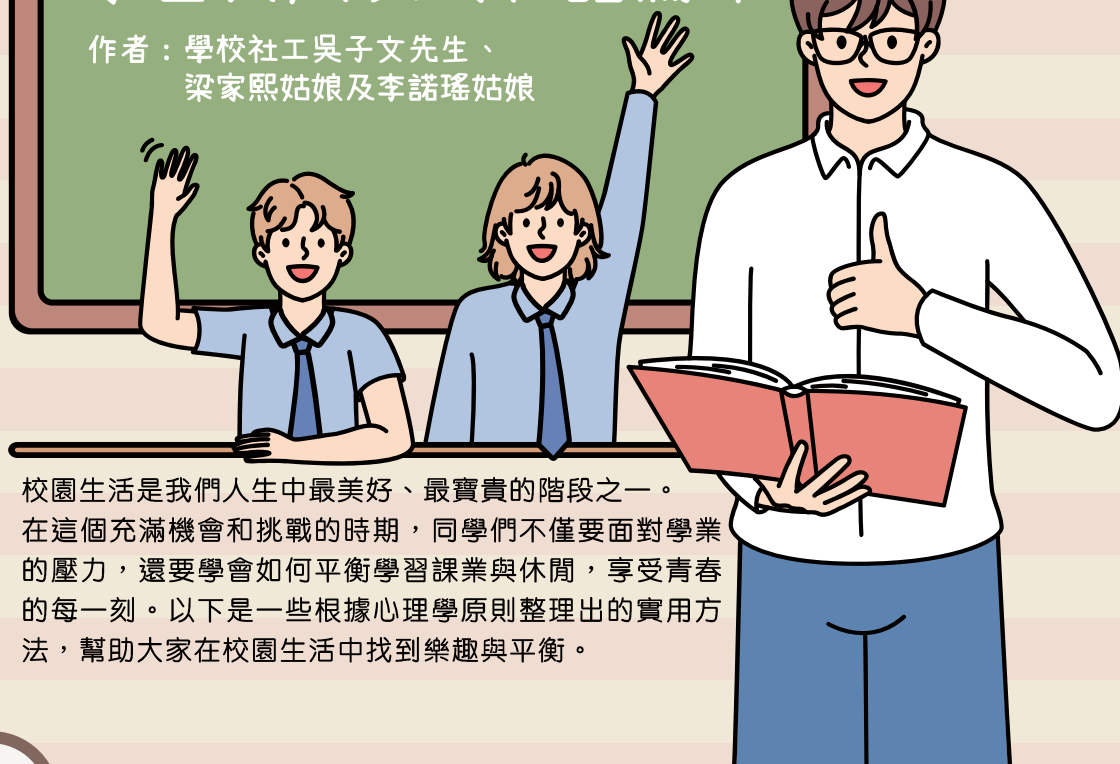
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## 編者的話

校園不只是汲取知識的地方，更是我們成長、探索及與師友交流的溫馨園地。無論是在操場上奔跑、參加各式活動，還是在課室裡互相鼓勵、一起學習，每一刻都值得細味珍藏。在今期期刊中，學校社工希望透過三篇主題文章，幫助同學們發掘享受校園生活的小秘訣，也期望家長能學會如何有效陪伴子女一同成長。我們明白同學在中學生涯中必然會遇到各種挑戰，學校社工一直願意陪伴、支持和鼓勵大家，讓同學在困難中也能感受到溫暖和希望。本期我們邀請了多位同學用文字或不同方式，分享他們遇見社工的感恩故事。最後，期刊尾聲會展示各校社工舉辦的精彩活動，讓這些經歷成為同學美好的校園回憶。

# 校園生活的詩意： 學習與成長的和諧篇章

作者：學校社工吳子文先生、  
梁家熙姑娘及李諾瑤姑娘



校園生活是我們人生中最美好、最寶貴的階段之一。在這個充滿機會和挑戰的時期，同學們不僅要面對學業的壓力，還要學會如何平衡學習課業與休閒，享受青春的每一刻。以下是一些根據心理學原則整理出的實用方法，幫助大家在校園生活中找到樂趣與平衡。

## 1

### 管理時間，平衡學習與休閒

高效的時間管理是享受校園生活的基石。許多同學因臨時抱佛腳而倍感壓力，影響學習效果與心情。建議同學預早安排自己的溫習時間表，預留足夠時間溫習，避免「臨時抱佛腳」。另外，採用「番茄鐘工作法」是一個不錯的選擇：即專注學習25分鐘，接著休息5分鐘；每完成四個循環，再進行15至30分鐘的長休息。這種方法不僅能提高學習效率，也能讓同學在短暫的休息中舒緩壓力，避免自己陷入過於巨大的壓力，影響情緒和精神健康。

此外，處理課業之餘，積極參與課餘活動同樣重要。無論是加入制服團隊、參加社團，或是和同學一起出遊，這些活動都能幫助你紓壓、增進同學之間的感情，讓校園生活更加豐富多彩。

## 2

### 活在當下，品味校園美好

心理學研究表明，活在當下能夠顯著提高我們的幸福感。在校園生活中，許多同學往往為未來的考試、升學壓力而感到焦慮，忽視了當下的美好。試著用心感受和關注身邊所發生的小事，享受與朋友的歡笑、和老師的交流、課堂上的收穫、乃至校園裡的每一處風景，這些小瞬間都能為我們帶來快樂。

在數位時代，手機和社交媒體容易佔據大量時間和注意力，令我們難以活在當下。建議同學們避免過度使用電子產品，並設定專屬的「無手機時段」，例如在學習或與朋友相處時關閉通知，專注於當下的體驗與交流。這不僅能提高效率，還能讓你更投入地體驗校園生活的每一刻。

此外，「正念冥想」是一個簡單而有效的方法。每天花幾分鐘靜心，專注於呼吸，感受周圍的環境。這能幫助調節情緒，緩解壓力，讓你在忙碌的校園生活中找到內心的平靜與滿足。

## 3

### 探索興趣，點亮青春色彩

興趣是校園生活的調味劑。在校園中，我們有很多機會去發掘自己的興趣愛好。無論是音樂、繪畫、運動，還是科技，每一項興趣都可能成為我們校園生活的重要部分。通過參與社團活動、興趣小組，同學們不僅能夠培養技能，還能結交志同道合的朋友，分享彼此的熱情與快樂。

此外，學校通常會舉辦各種活動，如體育比賽、運動會、藝術展覽、音樂會和社團活動等，同學們可以積極參與其中以累積經驗。這些經歷能讓你學習與人合作、提升表達與組織能力，讓每一天都充滿新鮮感與成就感。

## 4

### 建立深厚友誼，豐富心靈

校園生活不僅是學習的舞台，更是建立友誼的溫床。良好的社交關係能夠提升我們的幸福感，減輕心理壓力。鼓勵大家主動與同學交流，參加集體活動，建立深厚的友誼。

在人際關係中，「傾聽」是一項重要能力。學會傾聽別人的想法與感受，有助於理解身邊的人，增進彼此的感情。同時，適時表達自己的經歷和想法，也能讓你獲得支持與共鳴。

## 5

### 學會自我調節，擁抱挑戰

在學習和生活中，難免會遇到挫折與壓力。這時，懂得自我調節就顯得格外重要。你可以通過運動、閱讀、寫作等方式來釋放壓力，幫助自己走出低潮。運動尤其有效，因為它能促進腦內啡的分泌，帶來愉悅感。

同時，保持積極的心態也很關鍵。遇到困難時，試著轉換角度，把挑戰視為成長的契機，並積極尋求解決辦法。有需要時，也可以向師長、家人或輔導老師尋求協助，他們都願意陪你一起面對。

## 6

### 適時放鬆，帶備紓壓小物

學校是個多姿多采的地方，亦同時是個隱藏著不同壓力的地方。我們每天都在適應這個多變的環境、迎接著大大小小的挑戰，偶爾有「Bad Day」，就是感到特別疲憊、心情很差，或不想與人互動的時候。這些都是正常的。

為了好好照顧經歷「Bad Day」的自己，在學校找到一個能喘息、抽離一下的地方是十分重要的。有同學喜歡在小息趴著休息，有同學喜歡到操場某個安靜的角落吹吹風、有同學喜歡午飯時去學校附近的公園和店鋪逛逛。每個人的喜好不同，但在忙碌的生活中給自己的心靈騰出喘息空間，對我們的心理健康非常重要。

如果找不到適合的地方，鼓勵同學也可以隨身攜帶一件能安撫情緒的小物品，例如一張你喜歡的照片、一個公仔造型的鎖匙扣、一個小小的減壓玩具、一本你喜歡的書等。當遇到突如其來的壓力，如考試成績不理想、與同學在小組研習中意見不合時，這些小物件可以幫助你舒緩情緒，讓你冷靜下來，重新整理思緒，思考下一步的應對方法。

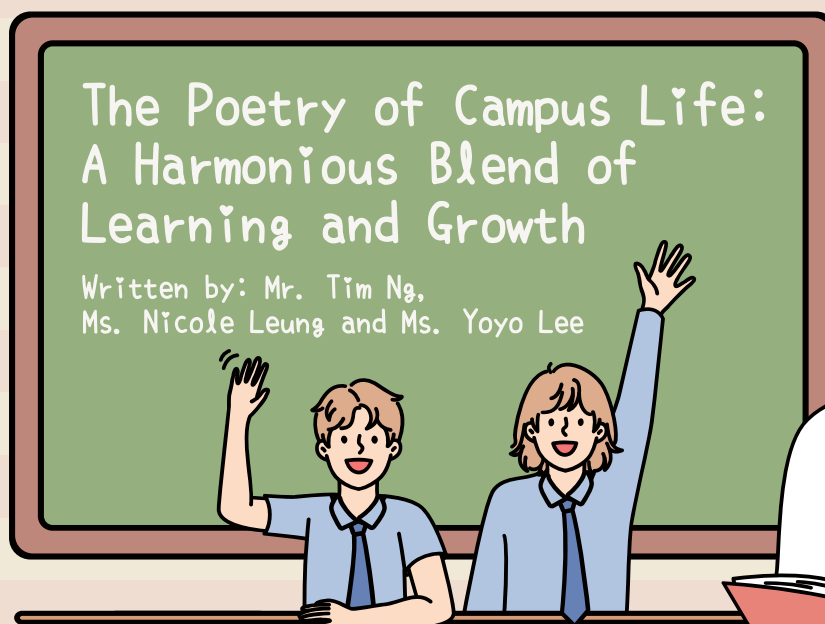
## 7

### 記錄校園片段，留下美好回憶

校園生活每天都有新鮮的體驗和珍貴的瞬間。學會在忙碌中捕捉這些片段，不僅能幫助我們珍藏回憶，也能提升對生活的感受力。

無論是寫日記、拍照、錄影或畫畫，這些記錄方式都能幫助我們保存青春的足跡。當你回顧這些片段時，會發現原來平凡的每一天，都是人生中最亮麗的篇章。





Campus life is one of the most beautiful and precious stages of our lives. During this period full of opportunities and challenges, students not only face academic pressure but also need to learn how to balance study and leisure, and cherish every moment of youth. Below are some practical tips based on psychological principles to help you find joy and balance in campus life.

## 1

### Manage Your Time: Balancing Study and Leisure

Effective time management is the cornerstone of enjoying campus life. Many students feel overwhelmed due to last-minute cramming, which affects both learning outcomes and mood. It is recommended to plan your revision schedule ahead of time, leaving sufficient time for preparation and avoiding the stress of cramming.

A helpful method is the **Pomodoro Technique**: focus on studying for 25 minutes, then take a 5-minute break. After four cycles, take a longer break of 15 to 30 minutes. This method not only improves learning efficiency but also eases stress during short breaks, preventing burnout and supporting emotional and mental well-being.

In addition to academics, actively participating in extracurricular activities is equally important. Whether it's joining a uniformed group, participating in a club, or going on outings with classmates, these activities help relieve stress, enhance friendships, and enrich your campus life.

2

## Live in the Moment and Soak up the Beauty of Campus Life

Psychological studies show that **living in the present** significantly boosts happiness. On campus, many students are anxious about future exams or further studies, often overlooking the beauty of the present. Try to mindfully experience the little things around you – enjoy laughter with friends, conversations with teachers, takeaway from lesson, or even the scenery around campus. These small moments can bring genuine joy. In the digital age, smartphones and social media often consume our time and attention, making it hard to stay present. Students are encouraged to avoid excessive use of electronic devices and set designated **“no-phone time”**, such as turning off notifications during study or social time, to better focus on real-life experiences and interactions. This not only enhances efficiency but also allows you to immerse yourself more fully in every moment of campus life.

Additionally, **mindfulness meditation** is a simple and effective practice. Spend a few minutes each day focusing on your breath and the surrounding environment. This helps regulate emotions, relieve stress, and find inner peace and satisfaction amidst a busy school life.

3

## Explore Your Interests: Brighten Up Your Youth

Interests add flavor to campus life. We have many opportunities in school to **explore our hobbies**. Whether it's music, painting, sports, or technology, every interest can become a meaningful part of your school experience. By participating in clubs and interest groups, students can not only develop skills but also make like-minded friends and share passions and joy.

Moreover, schools often organize various events such as sports competitions, athletic meets, art exhibitions, concerts, and club activities. Actively joining these events helps you gain valuable experience. These experiences teach collaboration, improve communication and organizational skills, and make each day feel fresh and fulfilling.

4

## Build Meaningful Friendships: Enrich Your Spirit

Campus life is not just a place for learning; it's also where meaningful friendships grow. Good social relationships enhance our sense of happiness and reduce psychological stress. Students are encouraged to actively engage with classmates and participate in group activities to build deep, lasting friendships.

In relationships, **listening** is a crucial skill. Learning to listen to others' thoughts and feelings helps strengthen understanding and emotional connection. At the same time, expressing your own experiences and ideas allows you to receive support and empathy from others.

5

## Learn Self-Regulation: Embrace Challenges

In both study and life, setbacks and stress are inevitable. This is where self – regulation becomes especially important. You can relieve stress through exercise, reading, writing, and other methods to help yourself get through difficult times. **Exercise** is particularly effective, as it boosts endorphin production in the brain, bringing a sense of joy.

Maintaining a **positive mindset** is equally vital. When faced with challenges, try to shift your perspective – view difficulties as opportunities for growth and actively seek solutions. When needed, don’t hesitate to reach out to teachers, family members, or social workers – they are willing to support and walk with you through tough times.

6

## Take Breaks When Needed: Keep Comfort Items Handy

School is a vibrant and exciting place, but it also hides various forms of pressure. Every day, we adapt to a changing environment and face challenges big and small. Sometimes we have a **“Bad Day”** – feeling unusually tired, emotionally low, or unwilling to interact. These feelings are completely normal.

To take good care of yourself on those days, it’s important to have a place at school where you can breathe and take a break. Some students like to nap during breaks, some enjoy standing quietly in a corner of the playground, while others go to a nearby park or shop during lunchtime. Everyone has different preferences, but making space for your mind to rest is crucial for mental health.

If you can’t find a suitable place, consider carrying a **comfort item**—like a favorite photo, a plush toy with keychain, a small stress-relief gadget, or a beloved book. When you’re hit with unexpected stress, like a tough exam result or a group disagreement, these little items can help calm your nerves, ease your emotions, and help you refocus on your next step.

7

## Capture Campus Moments: Preserve Beautiful Memories

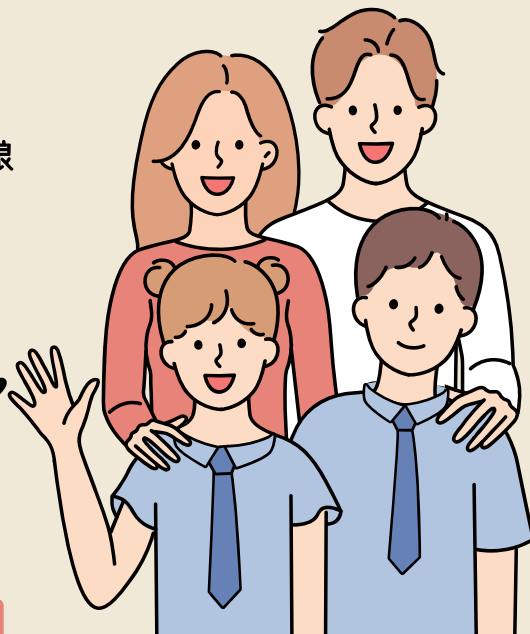
Every day in school brings new experiences and precious moments. Learning to **capture these memories** amidst a busy schedule not only helps us cherish them but also enhances our appreciation for life.

Whether it’s writing a diary, taking photos, filming videos, or drawing, these ways of documenting can help us preserve the footprints of our youth. When you look back at these memories, you’ll realize that even ordinary days were shining chapters of your life.

# 家長如何協助子女適應校園生活

作者：學校社工陳麗珠姑娘及陳秀敏姑娘

子女升上中一是一個重要的過渡階段，面對嶄新的學習環境、多樣化的課程內容及更複雜的人際關係，家長的支持與引導至關重要。以下是一些具體建議，協助子女順利適應中一生活：



## 1 親子時間：交流心得，擁抱挑戰

- **正向引導**：家長可主動與子女討論對中學生活的期待與變化，例如：認識新朋友、參與更多元及精彩的課外活動等。避免傳遞如「中學會好辛苦架，你要更加努力至得！」等過度壓力的訊息。
- **接納情緒**：容許子女表達對新校園的緊張與擔憂，肯定其感受。家長亦可分享自己當年適應中學的經驗，但應避免以說教的方式進行。

## 2 時間管理：培養自律，規劃生活

- **自主規劃**：逐步培養子女的時間分配能力，例如如何平衡學業、課外活動與娛樂時間。有效的時間管理不僅有助於完成個人責任，亦能兼顧興趣發展，使校園生活更充實及有意義。

## 3 社交適應：鼓勵獨立，適時引導

- **鼓勵參與**：支持子女參與校內社團或活動，探索不同興趣，擴展社交圈，有助他們更快融入校園生活。
- **處理人際關係**：家長可透過討論校園中可能出現的人際衝突情境，引導子女學習應對人際關係矛盾，例如被排擠時如何表達感受與溝通，鼓勵子女表達，他們亦可向老師及社工尋求協助。
- **信任與尊重**：給予子女適當的自主權，如讓他們自行選擇課外活動，尊重其興趣與選擇，避免過度干涉。

## 4 學習方面：掌握方法，建立信心

- **有效學習法**：面對更多學科，家長可關注子女的學習進度，適時關心而非過度指導。可與子女討論並檢視其學習方式，例如：主動學習、定期複習、訂立明確目標、善用零碎時間及發展個人化學習風格等。
- **建立信心**：鼓勵子女為各科目訂立合理期望，了解子女在學科的不同學習能力後，再協助設定可達成的目標。過程中宜多加肯定與鼓勵，幫助他們建立自信和動力。

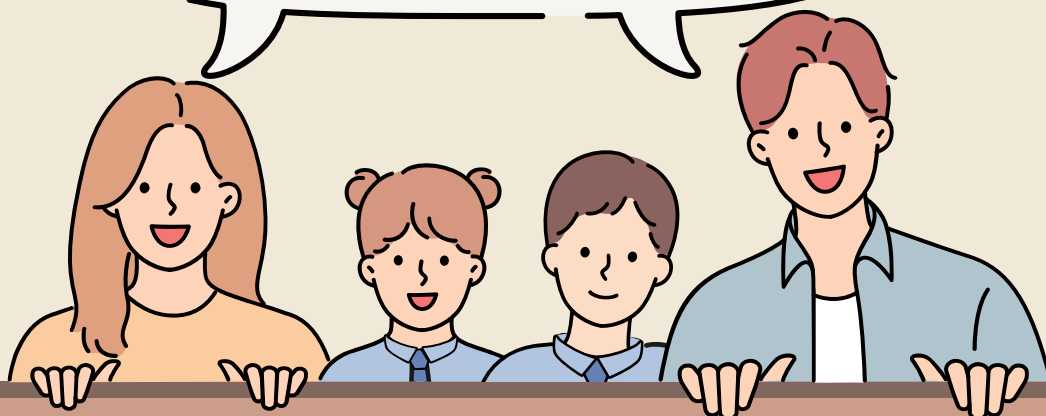
## 5 生活調整：規律作息，身心準備

- **作息調整**：可於開學前兩週協助子女逐漸調整作息，養成早睡早起的習慣，確保充足睡眠。透過規律的生活節奏，有助於子女心理調適，培養積極態度，迎接開學挑戰。

## 6 家校合作：保持溝通，適時放手

- **積極溝通**：家長可參加學校舉辦的家長講座、親子活動等，了解青少年的成長需要，提升與子女的溝通技巧。與學校保持良好聯繫，有助於掌握子女在學習及社交上的適應情況。
- **適當放手**：升上中學後，家長應逐步放手，給予子女更多空間，讓他們嘗試做自己真正想做的事。鼓勵探索興趣，允許他們失敗並從中學習，家長的陪伴與支持將是子女成長道路上最堅實的後盾。

透過以上建議，家長不僅能更有效地協助子女適應中一生活，亦能在過程中促進親子關係，共同迎接全新的學習與成長旅程。



# How Parents Can Help Their Children Adapt to School Life

Written by: Ms. Patchu Chan and Ms. Beverly Chan

Starting Form One (S1) marks a significant transition. As children navigate new learning environments, diverse subjects, and more complex social dynamics, parental support becomes crucial. Here are some practical tips to help your child adapt smoothly to Form One life:



1

## Psychological Adjustment: Prepare Early and Reduce Anxiety

- **Positive Guidance:** Parents can discuss expectations and changes in secondary school life with their children, such as making new friends or joining more diverse and exciting extracurricular activities. Avoid giving stressful messages like, “Secondary school is much harder, you must work even harder!”
- **Accept Their Emotions:** Allow your child to express any nervousness or worries about the new school, and acknowledge their feelings. You can also share your own experiences of adapting to secondary school, but avoid lecturing.

2

## Time Management: Cultivate Self-Discipline and Planning

- **Encourage Self-Planning:** Gradually foster your child’s ability to allocate their time, balancing academics, extracurriculars, and leisure. Effective time management not only helps them fulfill responsibilities, but also supports their interests, making school life richer and more meaningful.

3

## Social Adaptation: Encourage Independence, Offer Timely Guidance

- **Encourage Participation:** Support your child in joining school clubs or activities, exploring different interests, and expanding their social circles. This helps them integrate more quickly into school life.
- **Handling Relationships:** Parents can discuss with their children about possible interpersonal conflicts at school, guide children in managing such situations – like expressing feelings and communicating when they feel left out, and encourage them to seek help from teachers or social workers.
- **Trust and Respect:** Give your child appropriate autonomy, such as letting them choose their extracurriculars, and avoid excessive interference. Respect their interests and choices.



## 4 Learning: Master Study Methods and Build Confidence

- **Effective Study Strategies:** With more subjects, parents can pay attention to their child's progress, showing concern without micromanaging. Discuss and review their learning methods, such as active learning, regular revision, setting clear goals, making good use of small pockets of time, and developing a personal study style.
- **Building Confidence:** Encourage your child to set realistic expectations for each subject. Understanding their abilities helps set achievable goals. Provide affirmation and encouragement to help build their confidence and motivation.

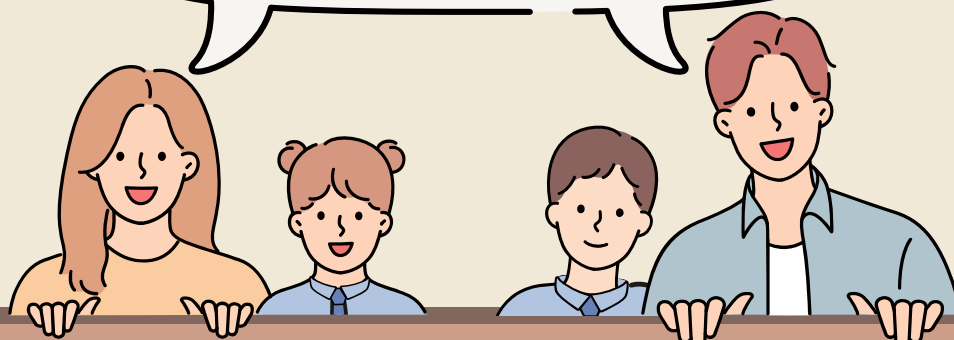
## 5 Life Adjustment: Develop Regular Routines and Prioritize Well-being

- **Adjusting Routines:** Two weeks before school starts, help your child gradually adapt their daily schedule to form the habit of sleeping and waking up early, ensuring enough rest. Regular routines support emotional adjustment and positive attitudes for the new school year.

## 6 Home-School Partnership: Maintain Communication and Step Back

- **Proactive Communication:** Parents can join school talks and parent-child activities to understand adolescent needs and refine communication skills. Keeping close contact with the school helps you stay updated on your child's academic and social adaptation.
- **Letting Go:** After starting secondary school, parents should gradually give their child more space to try things on their own. Encourage exploration of interests, and allow them to experience setbacks and learn from them. Your support and companionship will always be their strongest backbone.

With these tips, parents can help their children not only adapt better to Form One, but also enhance the parent-child relationship, embarking together on a new journey of learning and growth.





## 以「4Rs」活出快樂的校園生活

在繁忙的學習生活中，每天上學、做功課、溫習測驗，生活節奏快得令人喘不過氣，常常讓人感到壓力沉重，甚至產生情緒困擾或迷惘。為了幫助學生建立健康心靈，香港教育局近年積極在校園推廣「4Rs」策略：Rest（休息）、Relaxation（放鬆）、Relationships（人際關係）與Resilience（抗逆力）。透過以下四個方向，學生可嘗試為自己建立起健康的心靈，去幫助自己在校園生活中過得更健康、更快樂。

### Rest 休息：給身體與心靈充電的時間

我們的身體和心靈就像手機一樣，需要定期「充電」才能維持正常運作。所以，我們的身心都需要適當休息，為自己補充電量。更重要的是，我們亦不是累了才休息，而是休息好，才可有力氣繼續前行。

小貼士：

- 保持充足睡眠：每晚睡足7至9小時，有助穩定情緒及提升記憶力。
- 規律的睡眠時間：無論在上課天或假日，盡量固定睡眠及起床時間，讓個人的生理時鐘有固定的作息。
- 午間短暫休息：午飯後可以閉目養神10至15分鐘，有助恢復專注力。
- 安排「休息日」：考試後或週末可進行一些輕鬆活動，讓自己放鬆一下。

### Relaxation 放鬆：別讓壓力爆煲

放鬆對於心靈的恢復至關重要，而且不必花費大量時間。即使幾分鐘的放鬆練習，也能有效地幫助釋放壓力。所以，我們嘗試在日常生活中加入一些放鬆的元素，讓自己更好地享受生活。

小貼士：

- 適時減壓：聽音樂、畫畫、做運動或進行興趣活動，讓自己釋放壓力。
- 自我關顧：每天安排短暫的「Me time」，給自己一點空間，與自己好好相處。
- 進行靜觀或呼吸練習：找一個安靜角落，深呼吸、冥想數分鐘，讓腦袋清空一下，平靜心情。

4Rs

### Resilience 抗逆力：逆難而上

人生難免遇到挑戰，如考試失利、人際摩擦等，但只要不輕言放棄，每一次跌倒都是成長的機會。當我們學會尋求協助並保持積極的思維時，就能夠逐步走出困境。所以，積極堅韌的態度是克服逆境、克服挑戰的關鍵。

小貼士：

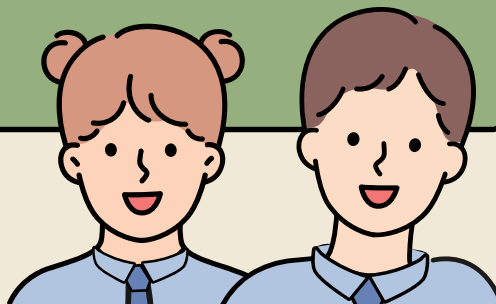
- 懂得求助：遇到問題時可逐步解決，並向信任的老師、家人、朋友或社工傾訴。
- 培養正向思維：時常提醒自己保持樂觀態度，相信困難終會過去，好事會發生。
- 學會讚賞自己：每天讚賞自己一下，肯定自己的努力與進步。

### Relationship 人際關係：朋友是支持的力量

良好的人際互動是幸福感的重要來源之一。當我們與他人建立起真誠且正向的關係時，不僅能感受到被理解與接納，在面對挑戰或困難時更能獲得寶貴的支持與鼓勵，減輕心理壓力，並增強面對問題的勇氣與信心。

小貼士：

- 常懷感恩：多向同學說些好說話、表達謝意。
- 有禮待人：主動打招呼，微笑能拉近彼此距離。
- 關心他人：遇到朋友不开心時，不妨問一句：「你還好嗎？」



## Living a Happy School Life with the “4Rs”

In a busy school life filled with classes, homework, and studying for tests, the fast pace can sometimes make students feel overwhelmed, causing stress and even emotional confusion. To help students build healthy mindsets, the Hong Kong Education Bureau actively promotes the “4Rs” strategy in schools: Rest, Relaxation, Relationships, and Resilience. By focusing on these four areas, students can establish a healthy mindset to enjoy a happier and healthier school life.

### Rest: Recharging Body and Mind

Just like a phone needs regular charging to work, our bodies and minds need proper rest to recharge. It's important to rest before you're exhausted, so you'll have the energy to keep going.

Tips:

- Get enough sleep: Aim for 7 – 9 hours a night to keep emotions stable and boost memory.
- Keep a regular sleep schedule: Try to have regular bedtimes and wake-up times every day.
- Take short noon breaks: 10 – 15 minutes of rest after lunch helps you regain focus.
- Plan “rest days”: Do something relaxing after exams or on weekends to unwind.

### Relaxation: Don't Let Pressure Boil Over

Relaxation is essential for mental recovery and doesn't require much time. Even a few minutes of relaxation can help relieve stress – so add relaxation into your daily routine and enjoy life more.

Tips:

- Try healthy ways to unwind: listen to music, draw, exercise, or enjoy a favorite hobby.
- Self-care: Schedule a short “Me time” each day to check in with yourself.
- Try mindfulness or breathing exercises: Find a quiet spot, breathe deeply, and clam your mind for a few minutes.

4Rs

### Resilience: Bounce back from challenges

Life always brings challenges, like failing an exam or friendship conflicts. If you don't give up easily, every setback becomes a chance to grow. Learning to seek help and stay positive lets you overcome difficulties. An optimistic and resilient attitude is the key to overcoming adversity and challenges.

Tips:

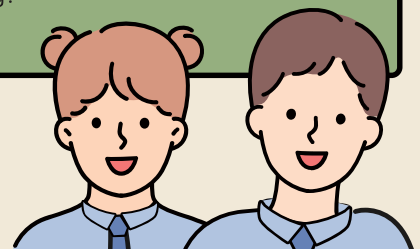
- Seek help: Solve problems step by step and talk to trusted teachers, family, friends, or social workers.
- Stay positive: Keep reminding yourself to stay positive – challenges won't last, and better days are on the way.
- Appreciate yourself: Praise yourself every day for your efforts and progress.

### Relationships: Friends Are Your Support System

Good relationships are a major source of happiness. Building genuine and positive connections helps you feel understood and accepted, and provides support and encouragement when facing challenges, reducing stress and boosting your confidence.

Tips:

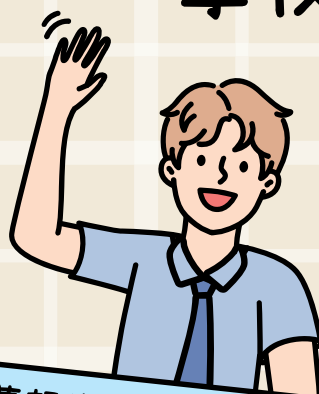
- Be grateful: Say kind words and thank your classmates.
- Show respect: Greet others and smile – it brings people closer.
- Care for others: When a friend is unhappy, simply ask, “Are you okay?”



# 感激我遇見…… 學校社工



學生筆名：姜  
就讀學校：余振強紀念第二中學



## 追隨夢想的旅程：社工對我的影響

在我的學校生活中，遇見學校社工是一個重要的轉捩點。他們不僅是我們的支持者，更是我們心靈的引導者。在面對學業壓力和青春期的各種挑戰時，社工的存在讓我感到無比的溫暖和安心。

李姑娘是我心中最特別的社工。她尊重每位學生的個性和興趣，這讓我感受到被重視的感覺。許多同學都熱愛動漫，經常在課餘時間模仿自己喜歡的角色。李姑娘不僅理解我的興趣，還鼓勵我發展這些愛好。這份尊重使我在追隨自身熱情的同時，也在學校這個大家庭中找到歸屬感。

例如，李姑娘鼓勵我參加今年的動漫展會，甚至定期關心我的準備進度，陪伴我進行跳舞練習。她的支持不僅增強了我的自信心，也拉近了我與同學之間的距離。在這樣的活動中，我們不僅能展現自己的才華，還能在輕鬆愉快的氛圍中學習到合作和溝通的重要性。

此外，李姑娘經常鼓勵我回校上課，強調學習的重要性。她會用我喜愛的動漫角色——《排球少年》中的及川徹來比喻，告訴我每位英雄背後都有艱辛的努力。這樣的比喻讓我更容易理解學習的價值，激發了我在課堂上躍躍發言，主動學習。

在這個過程中，我深刻體會到社工的支持和鼓勵不僅是對我興趣的肯定，更是對我未來的引導。他們用心靈的陪伴，讓我在追求夢想的路上不再孤單。我真心感謝社工的付出，讓我的校園生活充滿色彩和希望。希望未來能有更多的學生在這樣的環境中茁壯成長，勇敢追隨自己的夢想，因為每個人都值得擁有這樣的支持與愛。

學生姓名：陳慧璇  
就讀學校：聖文德書院

歲月如流，中學六年的畫卷緩緩合上，回首望去，這一路陪伴我的不只有老師同學，還有一抹溫暖明亮的身影始終伴我左右，陪我一同成長。

還記得初入中學時的我，像一隻怯懦的小鳥，緊緊閉合著心扉。是陳姑娘，帶著真誠的微笑一次次走近我，不厭其煩地邀請我參與那些我起初躊躇、甚至想逃避的活動，鼓勵我多去嘗試不同的新鮮事物。她從不強求我立刻改變，而是用潤物細無聲的陪伴，一點點融化我的不安與封閉。

在陳姑娘的目光裏，我漸漸找到了勇氣。從第一次在小組討論中輕聲發言，到後來能在活動中主動承擔；從默默坐在角落，到擁有了幾個可以分享心事、一起歡笑的知心朋友……每一次微小的進步，都離不開陳姑娘對我的支持與信任。

這六年的成長路上，陳姑娘的存在如同星光，照亮了我前行的方向，也如同和煦的春風，撫平了我內心的褶皺。她給予的不僅是幫助，更是無價的陪伴與接納。我想以後無論走到哪裡，這份真誠和感動都會一直留在我的心裡。



傑出學生選舉頒獎典禮 2019  
學生姓名：Jasmine Ng  
就讀學校：  
天主教母佑會蕭明中學

依稀記得家庭出現變故的時候，我的內心充滿無助，坐在椅子上呆若木雞。「喀擦」一聲，一個既熟悉又陌生的臉孔出現在眼前，我跟她聊了很多，她漸漸地把我心裡的不安掃除——那是我第一次和陳姑娘的對話。

之後陳姑娘多次找我聊天，關心我的近況。家庭的變化和學業壓力為我的心綁上了沉重的巨石。但是每次和她聊天都能讓拿巨石稍微放下，令我感受到自己並不孤單，給予我力量繼續前進。

除此之外，陳姑娘更為我申請基金，減輕家裡經濟負擔，讓我可以安心參與校內校外活動，積極裝備自己。最終憑著努力，我也因此成為了區內傑出學生的一員。

一路上磕磕碰碰，但幸運的是有一名陪我前行，渡過難關的社工。我感恩和她的相遇，也祝願彼此有更好的未來。



**Student Name: KEVIN**  
**School Name: La Salle College**

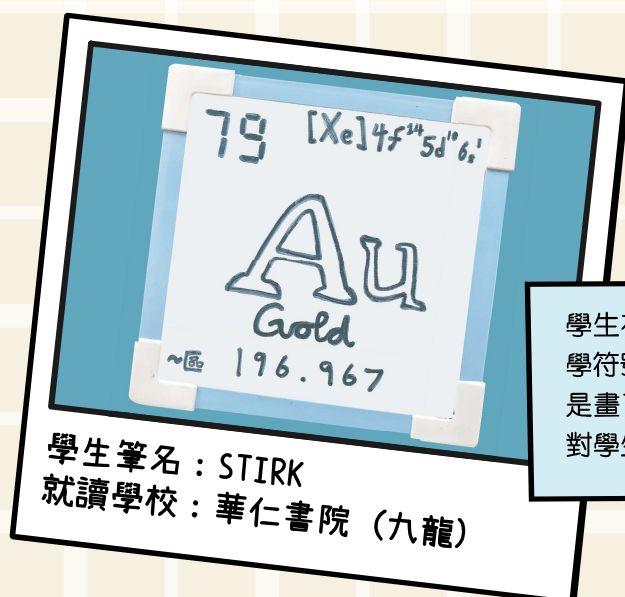
I'll speak for myself; whatever problem it is, a little burden, or a huge problem, just having someone to talk to about these problems is already a blessing to me. Even if they couldn't completely solve the problem, I'd still appreciate them opening up and hearing me out. Ever since I met Mr. Ng and Mr. Cho, I didn't really feel lost or alone when it comes to finding someone for a little assistance. I love their low-key and welcoming personality, and I'm really glad I at least have them by my side whenever I need support.

Growing up, I found that I had a lot of problems that I couldn't solve alone. I struggled to find anyone I could talk to. I was afraid of any rumors being spread, or anything else that could potentially just throw me off. People might say things like, "Oh, it's not that big of a problem! Why bother hiding it from us?"—which just makes me feel bad for "hiding it from them.". The social workers remain completely neutral in every scenario, and they respect any of my decisions or thoughts. It for sure feels more like getting something off my chest, rather than feeling more guilty compared to before. Usually, the things I'd ask them for guidance on are quite difficult and mostly require me to handle them myself, like friendship, family, or love. No matter which it is, they never hesitate to assist me and gladly listen. No matter the difficulty, they persevere to help.

I know it's probably their job so they have to do it, but I can see they genuinely care about everyone else who needs a little help. Talking to them isn't as tense as talking to a teacher, which definitely helps me relax kinda. It created a little bubble where I could release my hardships and truly be myself.

I appreciate all the numerous times Mr Ng, Mr Cho or even Mr Tse calmed me, assisted me, and enjoyed all the times we had together. I wouldn't say I see them all as casual friends, maybe respectable seniors that I could truly trust with my problems. Usually when I'm at my lowest, I'd look for them, and having a little conversation truly help me a lot. My gratitude towards them is immeasurable.





學生在學習化學元素週期表時，發現「金」的化學符號是 Au，剛好和學校社工的姓氏相同，於是畫了一個「金元素」送給社工，寓意學校社工對學生的支援如黃金般珍貴。

學生筆名：STIRK  
就讀學校：華仁書院（九龍）

### 筆名：雪兒

中一那年，我對學校的人和事感到非常不熟悉，直到我遇見陳姑娘，是她帶我熟悉學校每一個角落，所以我很感激她。

那時候，我不喜歡與人互動和交談，是她鼓勵著我，我才慢慢願意和同學接觸。就這樣過了一個月，我的視力開始變差了！我開始看不清楚老師寫的字，那時，我心想「糟糕了！」因為家裏困難未能支付買眼鏡的費用，所以我很煩惱。正當我感到惆悵的時候，老師提議我向陳姑娘說說這情況。我硬著頭皮嘗試去找陳姑娘，還記得她聽到我的事情後，也煩惱了一下，但卻跟我說放心，她可以幫助我這句說話就像是黑暗中出現了一絲光明一樣，讓我感到溫暖和放鬆。後來，我和其他同學一樣，如常地學習了。

那時，我家中一些事情，讓我一直感到困擾，我未曾與任何人傾訴，但陳姑娘看到我的情緒和上學情況越來越差，主動來關心我。現在回想起來，幸好是她主動來關心我，不然，我的狀態會每況愈下。家中的情況由我在高小那兩年已經讓我感到不知所措和失望。直到我升中後，最初陳姑娘關心我的時候，我是不想理會的，因為我覺得已經沒有人能幫助我了，但經過她不放棄和陪伴著我之後，我慢慢地敞開心扉跟她說了。當天她安排一個緊急住宿給我，但宿舍的地點非常遙遠，我們要從新界到香港島入住。記得那天，天色漸漸昏暗，我知道已經是陳姑娘下班或休息的時間了，但是她為了陪伴我到新的居住環境，她捨棄了休息的時間，陪我到目的地。最後，她一直陪伴著我到晚上十一點，等我順利入住宿舍後才放心離開。那段車程，看著五光十色的街景，那份錯綜複雜的心情，至今我仍歷歷在目。幸好有她，我才能從充滿壓力的地方脫離，成為更好的自己。我很感激在學校遇見了陳姑娘，如果不是她，我沒法成為更好的自己。

服務學校：

喇沙書院 德雅中學 德蘭中學 聖母玫瑰書院 瑪利諾修院學校(中學部)  
獻主會聖母書院 梁式芝書院 長沙灣天主教英文中學 陳瑞祺(喇沙)書院



明愛九龍學校社會工作服務

Caritas School Social Work Service - Kowloon

喇沙書院

bad day café

喇沙書院於2025年4月3日舉行了 bad day café 體驗活動，結合正向教育的品格優勢 (Character Strength) 及創傷知情理論 (Trauma Informed Care Practice) 的體驗活動，讓青少年以正面態度面對人生中各種挑戰。

家長義工作為 bad day badrista，按同學最近經歷，為他們特製咖啡，藉此學習情緒反應與自我照顧。現場設有bad day postcard和gatcha。學生們踴躍以明信片分享情緒煩惱及應對智慧。bad day gatcha扭蛋機，他們隨機扭出小動物扭蛋，學習大自然界不同動物應對 bad day 的方法，反思如何自處。

參與同學和家長義工都十分投入和享受，共同體會「be prepared for your storms」，以正向心態面對人生挑戰。



瑪利諾修院學校（中學部）

2025年4月中，本校舉辦了Smileys' Week，由學校社工帶領約30名Smileys成員，設置6個互動攤位，包括手作、心事點唱站和情緒守門員遊戲，鼓勵學生關注自身及他人的心理健康。活動反應熱烈，共吸引約180名學生參與，成功推廣心理健康的重要性，營造關愛校園氛圍。

德雅中學

Sunshine Action 2025

約五十名陽光大姐姐與全級中一妹妹籌辦了一連四天Sunshine Action 2025 活動，全校師生透過午間攤位可以製作薰衣草絨毛條花、輕黏土小擺設、乾花書籤或熱縮膠匙扣，並撰寫心意咭，互相向對方作出欣賞及致謝，營造溫馨關愛的校園氣氛。





## 明愛九龍學校社會工作服務



### 陳瑞祺（喇沙）書院

「兄弟bond」朋輩支援計劃每年透過不同活動，讓師兄弟共處，協助師弟們融入校園生活。今年「兄弟bond」一如既往舉辦了室內wargame活動；同學們不但一起經歷了緊張刺激的競賽，師兄們更帶領小組完成各種挑戰及任務，充份展現師兄的風範！

### 聖母玫瑰書院

每年2月，學校社工及輔導組攜手舉辦「健康快樂正向週」，營造充滿活力與關懷的校園氛圍。今年的活動圍繞睡眠、情緒管理及自我照顧，設有展覽、手作坊及互動遊戲，如 Good Night「睡好覺」展覽、香薰精油卡製作、睡眠自救手冊、性格強項拼圖、「少女的拼勁」積木遊戲、天然香包製作及印章書籤創作。這些活動幫助同學學習新知識，探索減壓與療愈方法，促進身心健康，鼓勵大家培養正向生活習慣，共同建立積極有活力的校園文化。



### 獻主會聖母院書院

獻主會聖母院書院一直致力推廣有關學生校園適應及身心靈的活動，與明愛賽馬會「源•點」家校心靈支援服務三年以來合作無間，進入尾聲階段特別安排了「NDC團隊挑戰活動日」。透過有技巧地使用啫喱水彈槍，學生們能在攻防戰裡發揮所長，討論策略，體現團隊裏互助互補的精神。活動中大家投入奔跑，大汗淋漓，既放鬆又刺激，學生們紛紛期待下次再參加！

### 梁式芝書院

於今年3月份，本校的45名大姐姐參與了由紅十字會舉辦的兩個人道議題探索活動。分別是「小島倒數20年」，探討氣候變化為世界帶來的威脅和影響，以及《戰區24》實況抉擇劇場，感受戰爭帶來的禍害與生存兩難。大姐姐們表示欣賞演員及活動互動方式，讓他們投入參與活動，並對做情境選擇題尤其深刻，讓她們反思如何與自然共存共生及生命的價值。



### 德蘭中學

#### 「330（身心靈）MEtime」減壓工作坊 — 「鮮花漢堡盒」工作坊

春夏之間正值鮮花盛開。在最忙碌的五月和六月，學校社工邀請家長和老師們一同「自製ME time」，親手用心製作一份節日花禮，答謝家人，也慰勞自己。學校社工於 10.5.2025安排一個「鮮花漢堡盒」工作坊，讓大家學會製作簡單花藝禮品，製作過程有助同學放鬆減壓。有別於花束，小花盒製作精緻簡單，參加者從學習插花過程中享受療愈，對自己的作品都感到非常滿意。

### 長沙灣天主教英文中學

長沙灣天主教英文中學的義工們，為一班兒童之家的小朋友籌備了精彩的校園尋寶遊戲和參觀活動，包括參觀本校的海洋科學研習中心，認識水母的習性及海洋生物；另外，學生義工帶同鸚鵡、青蛙和白兔與小朋友互動和拍照。活動提升學生領袖才能，與小朋友共度有意義的復活節假期。





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