

Islamic Primary School

<Love> sharing and resources (P.1-6)

18-5-2020

Love ourselves



The Education Bureau has announced that classes of all schools in Hong Kong will resume in phases in a gradual and orderly manner. (教育局宣布全港學校將分階段、有秩序地復課)



Phase 1 (May 27) 第一階段 (五月二十七日):	S3 to S5 (中三至中五)
Phase 2 (June 8): 第二階段 (六月八日):	S1 to S2, P4 to P6 (中一至中二, 小四至小六)
Phase 3 (June 15): 第三階段 (六月十五日):	P1 to P3, K3 (小一至小三, 幼稚園高班)

How are you feeling?



We are happy and excited that we can go back to school and see all of you in June!

This month let's learn more about our School Major Concern "We should love ourselves, others and life" (愛自己、愛他人、愛生命) by preparing for class resumption!

Love ourselves

To love ourselves, we can prepare something in this month...

A. Let's watch the videos!

<https://www.youtube.com/watch?v=WlWKru6KgWE> (For P.1-P.2 Back to school 2020)

https://www.youtube.com/watch?v=fgJ_aspKC7o (P.3-P.6 10 Things You NEED To Do Before Going Back To School!)



To Do List

1. Sort out old stuff (整理文具)
2. Finish on-line homework (做網上功課)
3. Adjust your sleep schedule (調節睡眠時間)
4. Create an emergency kit: Put in small tissue packs, masks, hand sanitizer, etc. (準備抗疫小袋: 擺放紙巾、口罩、酒精搓手液等)
5. *Tidy yourself: get a haircut
6. *Check and make you summer school uniform fit(試一試你的夏季校服)



B. Tips for Parents

If you have any enquiries on parenting or are in need of resources, feel free to contact our School Social Worker at 2450 2270 or WhatsApp at 6212 3252 during office hours (Monday-Friday 8:30am- 5:00pm)



Here are some resources:

1.	Division of Educational Psychology-Hong Kong Psychological Society 香港心理學會教育心理學部 Information and Resources for Supporting Children and Students During School Suspension 《停課資源整合 – 學童篇》 (Chinese version only) https://drive.google.com/file/d/1ox6Ug5dswL_k6D8RAgQNq5hi_O6936CT/view?usp=sharing
2.	SWD Clinical Psychological Service Branch 2020 Psycho-education information Hub for Combatting the Novel Coronavirus 社會福利署 臨床心理服務科 <2020 抗疫心理資源庫> https://www.swd.gov.hk/en/index/site_pubsvc/page_cps/sub_gp/
3.	香港紅十字會 Shall We Talk: 面對疫情而出現情緒影響的市民 (Emotional support and counselling) Whatsapp : 5164 5040 Telegram : @hkrcshallwetalk https://www.redcross.org.hk/tc/ncov2019.html
4.	新生精神康復會: 【情緒 GPS】 心理防疫錦囊-免費網上(ZOOM) 講座系列 (Emotional GPS: Zoom courses) https://www.egps.hk/news-events
5.	Tough Times Together- Free broadband for the Disadvantaged 香港寬頻「逆境同行，免費寬頻」 English version: https://cloud.e.hkbn.net/ToughTimesTogether-en Chinese version: https://cloud.e.hkbn.net/ToughTimesTogether
6.	The Community Chest Anti-NCP Rainbow Fund 公益金及時抗疫基金 https://www.commchest.org/en/news/press_release/884

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| 7. | <p>Hong Kong Optometry Resources Center 香港視光資源中心 New</p> <p>https://drive.google.com/open?id=1TN4N5iALW5S1xbB7wVY3bxekiEUj1-g0 (Leaflet)</p> <p>https://drive.google.com/open?id=1XXD7M04FuDQ07CgRAqZyu_cyt6YU8uOI (Q & A for parents)</p> |
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