



惠僑英文中學

WAI KIU COLLEGE

九龍石硤尾偉智街十七號

17 Wai Chi Street, Shek Kip Mei, Kowloon, Hong Kong.

電郵地址(E-mail): wkc@wkc.edu.hk

電話: 852-2777 6289 傳真: 852-27767727

Tel: 852-2777 6289 Fax: 852-27767727

網址(Website): <http://www.wkc.edu.hk>

Ref. No. : SGS_GD25-26/09(e)

1st December, 2025

Dear Parents / Guardians,

Important reminders to parents: paying attention to emotional reaction of your child

Recently, the blaze occurred in Tai Po and different parties of the society have expressed their grief. This unfortunate incident may cause emotional distress or psychological stress including anxiety, shrinking sense of security, excessive attention to the news and worsening sleeping quality etc. Our school is concerned about the physical and mental health of students and so we cordially remind parents to pay attention to the recent emotional changes of your child and support their emotional well-being during this period.

To assist parents understand how to respond to the emotional needs of your child, please refer to the enclosed parental guidelines provided by **Hong Kong Christian Service** entitled “**Responding to Children’s Emotions Evoked by the Blaze in Tai Po-Tips for Parents with Children in Secondary School**”, which includes:

- recognizing common emotional reaction
- supporting strategies parents can adopt
- “Dos and Don’ts while communicating with children
- how to seek help from professionals

Parents should pay attention to the followings:

1. Take initiative to care for your children and accompany them

Provide them with sense of security and emotional support so as to let them understand their feeling is being understood.

2. Encourage your children to express their emotions

Listen attentively with an open and non-critical attitude. Guide them to talk about their feelings, questions and fears.

3. Help them build up daily routines



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Maintain regular schedule (e.g. sleeping, diet and exercise) to stabilize their emotions.

4. Pay attention to continuous or obvious abnormal behaviour

If you find your children face problems such as insomnia, depression, withdrawal and drop in academic performance, please contact the class teacher or the school social worker.

Should you need further support, please contact the class teacher, the Head of counselling team, Miss WONG Pui-size or the school social worker at 27776289. We express our gratitude to parents to collaborate with school to safeguard the physical and mental health of students.

Yours faithfully

Tso Tat Ming
Principal





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Dear Principal,

I acknowledge the content of the notice “Important reminders to parents: paying attention to emotional reaction of your child” and I will pay attention to the emotions of my child.

Signature of Parent / Guardian _____

Contact number _____

Date _____