



给家长与老师的一封信

致: 亲爱的家长与老师

近日, 社会上接连传出令人震惊的校园事件。尤其是10月14日, 一名中学生在校园中以极端方式伤害同学, 造成死亡悲剧。这样的新闻, 让我们每一位教育工作者与家长都感到无比痛心与不安。

身为父母与教师, 我们难免忧心: 孩子是否受到影响? 他们会不会害怕? 是否在心里产生了对人际冲突的恐惧? 这些担忧都是自然的反应。这样的消息让人难以平静。若您也感到悲伤或不安, 那都是可以被理解的情绪。请给自己一点时间去消化与调整。

我们深知孩子也可能感到不安与困惑。我校辅导处将利用辅导课, 引导学生理性思考, 帮助他们理解网络上画面的影响, 并陪伴他们表达情绪。我们相信, 当孩子有机会被倾听、被理解、被支持, 他们便能学会以更健康的方式面对恐惧、悲伤与愤怒。

此时此刻, 学校与家长最重要的, 就是携手守护孩子的心。孩子或许不会直接说出他们的感受, 但他们可能已在默默思考, 甚至感到害怕或困惑。家长可以尝试:

- 倾听孩子的想法, 让他们表达对事件的感受;
- 不急于评断或纠正, 陪他们一起理解情绪;
- 告诉孩子: 害怕、难过、愤怒都没有关系, 关键是学习以健康的方式表达。

若孩子持续表现出焦虑或不安, 请及时与班导师或辅导处联系, 让我们携手陪伴他们度过这段时期。

亲爱的家长与老师, 教育是一条漫长的路, 需要家校同心、携手同行。悲剧固然令人心痛, 但也提醒我们: 心理安全与情绪教育, 和知识学习同样重要。

在这段时期, 让我们以真诚的关怀与稳健的引导, 守护学生的心灵安全, 帮助他们学习以善意与坚韧面对世界。

愿孩子们在家校共同的守护中, 慢慢学会理解、坚强与善良。

校长室 谨启





A Letter to Parents and Teachers

To: Dear Parents and Teachers

Recently, a series of shocking incidents have occurred in schools across the country. Most notably, on 14 October 2025, a secondary school student tragically took the life of a classmate through an extreme act of violence on campus. News like this fills every educator and parent with deep sorrow and unease.

As parents and teachers, it is only natural for us to worry: Have our children been affected? Are they feeling fearful? Do they now carry an underlying anxiety about interpersonal conflict? Such concerns are valid and understandable. These reports are difficult to process, and if you too are feeling sadness or distress, please know that your emotions are entirely normal. Give yourself time to adjust and regain calm.

We are also aware that our students may be feeling anxious and confused. Our school's Counselling Department will make use of counselling periods to guide students in thinking rationally, helping them understand the emotional impact of online images and discussions, and supporting them as they express their feelings. We believe that when children are given the space to be heard, understood, and supported, they will learn healthier ways to cope with fear, grief, and anger.

At this moment, the most important task for both the school and parents is to join hands in protecting the emotional well-being of our children. They may not openly express their emotions, yet deep inside, they could be thoughtful, fearful, or puzzled. Parents are encouraged to:

- Listen to your child's thoughts and allow them to share their feelings about the incident.
- Refrain from judging or correcting too quickly; instead, help them understand their emotions together.
- Reassure them that it is okay to feel scared, sad, or angry — the key is to learn how to express these emotions in a healthy way.

If your child continues to show signs of anxiety or distress, please reach out promptly to their class teacher or the Counselling Department, so that we can work together to support them through this period.

Dear parents and teachers, education is a long journey that requires shared commitment and cooperation between home and school. While this tragedy deeply saddens us, it also reminds us that psychological safety and emotional education are just as vital as academic learning.

In this challenging time, let us safeguard our students' emotional well-being with genuine care and steady guidance, helping them grow to face the world with kindness and resilience.

May our children, under the joint care of home and school, gradually learn to understand, to be strong, and to be kind.

The Principal's Office

