

MARYCOVE SCHOOL

CIRCULAR NO. 31E

To: Parents / Guardian

Date: 1/12/2025

Tips for parents – responding the sudden events

The blaze occurred in Tai Po on 26/11/2025, causing severe damage and affecting many families. Students who have viewed the news reports or learned about the incident from others may experience negative emotions or feel unsettled. The followings are some tips for parents (source: Hong Kong Christian Service – School Social Work Service) :

Students may have the following emotions or behaviours when they learn about this incident:

1. Irritability, frequent crying, or being easily reminded of upsetting experiences.
2. Worried that the blaze would happen to them or their families.
3. Becoming too clingy or seeking increased attention from parents or others.
4. Fear of darkness or nighttime or having nightmares.
5. Avoidance of going to school.

If students have the above emotions or behaviours, parents can:

1. Accompany your child to make them feel safe and secure.
2. Allow your child to express their feelings and opinions about the incident. Assure them that they can choose to refuse to discuss or read the information related to the incident.
3. Be open to accepting and recognizing that their reactions are normal.
4. Discuss with your child and find positive ways together to face their fear and anxiety. For example, singing, reading, playing with toys, and talking to others. At the same time, help your child relieve and manage feelings of anxiety and distress.
5. Set a role model for your child. Beware of what you say about the incident. Express and deal with your own feelings and opinions appropriately.

In the meantime, parents should avoid:

1. Denying or despising your child's fear and other feelings (e.g., "Don't be afraid, there is nothing to be scared of," or "It is cowardly to have any emotions on this").
2. Repeatedly playing or showing disturbing videos or images.

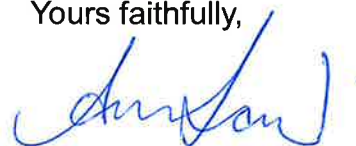
Remarks :

1. Please feel free to contact class teachers or social workers whenever necessary for further support.
2. Attached please find the useful hotline services for further information.

Thank you for your attention, and should you have further inquiries, please call our school social worker, Ms. Choy or Ms. Lai at 2554 0168.

Yours faithfully,




(Ms. Lam Wing Sze)
Principal

Attachment 1 :
Counselling Hotlines :

Social Welfare Department	2343 2255	24 hour
Hospital Authority - Mental Health Direct	2466 7350	24 hour
Mental Health Support Hotline	18111	24 hour
Hotline Service for Parents and Carers	2866 6388	Monday to Thursday (14:30 - 16:30)
Lutheran Parents Hotline	3622 1111	Every Monday, Wednesday and Friday (10:00 – 12:00) Every Tuesday and Thursday (16:00-18:00) WhatsApp : 6587 0881
Hong Kong Red Cross Psychological Support Service (Activated following the Tai Po fire.)	5164 5040	Hotline Services : 26/11 (20:00 - 00:00) 27/11 (10:00 - 22:00) 28/11 (10:00 - 22:00)

(Source: Hong Kong Christian Service)

Attachment 2 :

Disaster Psychosocial Services Website https://hadps.ha.org.hk/b5_index.aspx

- Disaster Response https://hadps.ha.org.hk/b5_disaster_detail.aspx?id=84
- Disaster Recovery https://hadps.ha.org.hk/b5_recover_detail.aspx?id=126

A Handbook for Disaster Survivors

- Adult <https://tinyurl.com/3bpvmt7>
- Child <https://tinyurl.com/4mest762>

A Handbook for the Bereaved

- Walking Together Through Grief <https://tinyurl.com/ybrfm7v>
- Children and Grief <https://tinyurl.com/2pzyts7f>
- I Am Not Alone <https://tinyurl.com/5axtr5m>

A Handbook for First Responders and Healthcare Workers

- Beyond Helping Others <https://tinyurl.com/4wjf82wy>

Emotional Management Information Website

- Emotional health and Counselling Service https://hadps.ha.org.hk/b5_resources_detail.aspx?id=87
- Psychoeducation Resources - Psychological Support Service Share <https://www.redcross.org.hk/tc/PSS/publication.html>
- Newlife•330 <https://www.youtube.com/@330newlife9/playlists>

Emotional Counseling Support

- Mind HK Community Directory <https://www.mind.org.hk/zh-hant/community-directory/>

(Source: Disaster Psychosocial Services Website)