

Brief Description of the Activities

The Dustykid Campus Exhibition Project & Complementary Activities:

Aims:

- (i) To enable students to explore diverse methods of self-acceptance and adopt a mindful approach towards emotional management;
- (ii) To cultivate a collective understanding of embracing the manifold splendors of daily life.

Content:

The event featured approximately thirty art pieces and decorative displays centered around the theme "*Embracing the Inner Self*", aimed at promoting mental well-being. In addition to the art exhibition, two complementary activities were held:

- **Book Exhibition:** Hosted in the school library, this exhibition invited colleagues and students to engage with literature focused on themes of appreciation, acceptance, and inclusivity. Student Health Ambassadors delivered a morning speech on mental health.
- **Heart-to-Heart Display:** During the exhibition, the Student Health Ambassadors created an artistic "*Heart-to-Heart*" display in the school lobby. We encouraged teachers and students to write words of encouragement for one another on heart-shaped wooden plaques, which were then added to the display.

These initiatives collectively aimed to create a supportive and uplifting environment for all participants.

Date : 22/1/2024 – 2/2/2024

Time: --

Venue: School lobby and library

Target Student (level and number of participants): Whole school

Student Outcomes/ Evaluation Results

The event produced significant positive outcomes, reflecting the school's commitment to mental well-being. Feedback indicated a marked increase in self-acceptance and self-appreciation among students. Student participants reported feeling more empowered to manage their emotions mindfully, while some expressed inspiration to explore themes of appreciation and inclusivity further. The "Heart-to-Heart" display fostered meaningful connections among students and teachers, with students noting that writing words of encouragement boosted their morale and strengthened relationships.

Overall, the event successfully created a nurturing environment that enhanced students' sense of contentment and promoted positive emotional health, reinforcing the school's mission to prioritize mental well-being.

Our school has spent the Grant on the following:

	Area	Actual Expenses (\$)
(i)	Organizing activities and programmes related to enhancing the mental health of students and teachers	\$20,000
(ii)	Providing support services related to enhancing the mental health of students and teachers	--
(iii)	Designing and producing school-based learning and teaching resources related to mental health	--
(iv)	Purchasing items, furniture and equipment to enhance the mental health of students and teachers	--
(v)	Others (please specify):	--
	Total Expenditure	\$20,000
	Unspent Balance	\$40,000

Essential Learning Experiences

(Please put a ✓ in the appropriate box(es); more than one option can be selected)

- ☐ Intellectual Development (closely linked with curriculum)
- ☒ Values Education
- ☐ Physical and Aesthetic Development
- ☐ Community Service
- ☐ Career-related Experiences

Submit the following documents

- ☒ Activity photos
- ☒ Email and Teams messages to teachers and students



I Can Do
Incredible Things *you are capable of amazing things*

STAYED Positive TODAY

PRIORITIZE MENTAL HEALTH

Dustykid 「擁抱內♥」展覽
&
「心連心」打氣活動

POSITIVE VIBE





Google Gmail interface showing an email from Ilw Teacher Lee Lai Wa to the teacher. The email is titled "「校園・好精神」精神健康推廣活動之「Dustykid 校園展覽計劃」開始啦!" (The "Dustykid School Exhibition Plan" for the "Campus, Good Spirit" Mental Health Promotion Activity has started!).

The email content includes:

- 各位老師:** (Dear Teachers)
- 為了推廣精神健康及提升學生的心理素質,** 本校將於22/1/2024 - 2/2/2024 舉辦「Dustykid 校園展覽計劃」, 呈次展覽以「擁抱內心」為主題, 展出約三十幅畫作及聯語, 與同學分享不同接納自己的方法, 以正確的態度處理情緒, 讓彼此學懂擁抱生命中不同的美事。與此同時, 我們亦在圖書館設有相關的畫展, 展期為23/1-26/1, 歡迎同事與學生一同參觀。
- 此外,** 展覽期間學生健康大使亦會在大門後邊擺放一個「心連心」攤位, 讓老師們在心意不濟上寫下鼓勵說話 (可參考附圖例子或發揮你的創意), 完成後放入攤位中, 讓本校關懷學生的種子與花朵綻放, 攜手儲存幸福正能量, 心意請轉於22/1派發到各老師的座位上, 期待大家積極參與!
- 期望是次活動能表現學校對培養精神健康的重視, 亦讓同學感受到校園的關懷氛圍, 學會接納和欣賞自己, 從而提升幸福。**
- 如有任何疑問,** 可向輔導組張慧芝老師、李麗華老師或林慧嫻老師查詢。願我們同心守護, 祝福彼此。
- 輔導組**
- 電郵群組**
- 以上訊息 (包括任何附件) 只供本訊息的指定收件者使用。本訊息可能包含香港電檢及聯合會聯編紀念中學及其附屬機構的機密及/或敏感資料。若您不是本訊息的指定收件者, 請不要重印、轉送或引用本訊息作任何用途, 並請立即刪除本訊息及通知發送者。**
- E-mail Disclaimer**
- This message (including any attachments) is only for the use of the person(s) for whom it is intended. It may contain the confidential and/or sensitive information of HKCTA Tang Hin Memorial Secondary School and its Subsidiaries. If you are not the intended recipient, you should not copy, distribute or use this information for any purpose, and you should delete this message and inform the sender immediately.**
- 4 Attachments • Scanned by Gmail**
- The attachments include:
 - A collection of heart-shaped cards with messages.
 - A collection of small cards with messages.
 - A collection of small cards with messages.
 - A collection of small cards with messages.