HKTA Tang Hin Memorial Secondary School One-off Grant for Mental Health at School ANNUAL PROGRAMME REPORT (2023-2024)

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	\$20,000
	the mental health of students and teachers	
(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 \checkmark in the appropriate box(es); more than one option can be selected)			
	Intellectual Development (closely linked with curriculum)		
$\overline{\checkmark}$	Values Education		
	Physical and Aesthetic Development		
	Community Service		
	Career-related Experiences		
Submit the following documents			
\checkmark	Activity photos		
\checkmark	Email and Teams messages to teachers and students		

























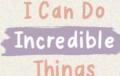












I Can Do
Incredible
Things

of amazing things



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