

**HKTA Tang Hin Memorial Secondary School
One-off Grant for Mental Health at School
ANNUAL PROGRAMME PLAN (2024-2025)**

1.	PURPOSES
	<p>1.1 To organize activities or programmes that are related to the promotion of mental health for students and teachers</p> <p>1.2 To procure items, furniture, equipment, activities or services that are related to the promotion of mental health for students and teachers</p>
2.	CURRENT YEAR OBJECTIVES
	<p>2.1 Promotion of Healthy Lifestyle: Enhance students’ resilience by implementing various mental health programs that adopt the ‘4Rs Mental Health Charter’ from the EDB, aiming at deepening the understanding of mental health and positive thinking among both teachers and students.</p> <p>2.2 Enhanced Students’ Mental Wellbeing: Improve students’ mental wellbeing through a variety of programs and activities, including art appreciation, stress management training, and counselling services.</p> <p>2.3 Diversified Activities for Mental Health: Reinforce the EDB’s mental health initiatives by organizing a wide range of static and dynamic activities that cater to the diverse needs and interests of students, while providing students with opportunities for self-acceptance and mindful emotional management.</p>

3. IMPLEMENTATION PLAN

Action/Task	Teacher-in-charge	Time-scale	Resources	Success Criteria	Method of Evaluation	Remarks
<p>1. Character-based & Mindfulness Stress Management Workshops 「懷疑人生就靜觀」減壓入班工作坊</p> <ul style="list-style-type: none"> - Inviting the Educational Psychologist and school social workers to hold a series of experiential stress management workshops with all S.5 students. The workshops will adopt a character-based approach, helping students identify and build on personal strengths to navigate study pressures more effectively. The 5 senses and mindfulness experiential approach will be introduced. 	<p>Head of Counselling & Guidance</p> <p>SENCO</p> <p>Counselling Teachers</p> <p>School Social Workers</p>	9/2024 – 6/2025	<p>One-off Mental Health at School Grant</p> <p>EDB’s reference materials: Student Mental Health Information 「校園・好精神」專頁及其他最新資訊</p> <p>Outsource programmes, training sessions and workshops conducted by social workers and therapists</p>	<ol style="list-style-type: none"> 1. 90% students’ participation rate 2. Teachers and school social workers find a high percentage of student participants (80%) who can face challenges and adversity in daily life with better resilience strategies after joining the activities. 3. A high percentage of student participants (80%) agree that programmes and activities are useful and effective in enhancing their resilience and bettering mental wellbeing. 4. Students' positive emotions (e.g. interest, joy, happiness, self-confidence, sense of accomplishment, etc.) and appropriate interpersonal relationships are demonstrated in the activities. 	<ol style="list-style-type: none"> 1. Observation of students’ participation in activities 2. Teachers’ and psychologists’ observation and comments 3. School social workers’ comments and surveys 4. Students’ feedback in informal interviews and review surveys 5. Evaluation meetings 6. Attendance records 7. School-based survey 	N/A
<p>2. Expressive Arts Programme (Group Training & Day Camp)</p> <p>藝遊分享活動 (表達藝術治療小組及日營)</p> <ul style="list-style-type: none"> - Utilizing expressive arts as a therapeutic tool to create safe channels for communication and emotional release, supporting students' emotional and behavioral development. - This initiative includes a day camp and small group training sessions, enabling students to creatively explore their emotions through activities like visual arts, music, creative writing, and movement. The program will also teach students how to apply these techniques in daily life to reduce anxiety, while fostering communication and connection among peers. 	<p>School Counsellor</p> <p>Student Health Ambassadors</p> <p>Visual Arts Department</p> <p>Educational Psychologist</p> <p>Arts Therapist</p>					
<p>3. Other Whole-form Talks & Workshops</p> <ul style="list-style-type: none"> - Be a SOUL Keeper Talk 精神健康守護者講座:滋養心靈基本元素 - Mindfulness Stress Management Workshop 靜觀減壓工作坊 - Cultivating Positive Mindset through Art Appreciation Sharing Session with Disabled Artists 展能藝術家學校分享 						
<p>4. 「HEArea」Mental Health Hub</p> <p>平靜角落:「鬆一鬆」五感身心安舒活動</p>						

4. FINANCIAL ESTIMATES			
Area/ Item	Description	Amount	Remarks
(i) Organizing activities and programmes related to enhancing the mental health of students and teachers: - Be a SOUL Keeper Talk 精神健康守護者講座:滋養心靈基本元素 - Mindfulness Stress Management Workshop 靜觀減壓工作坊 - Cultivating Positive Mindset through Art Appreciation Sharing Session with Disabled Artists 展能藝術家學校分享	<ul style="list-style-type: none"> Outsource programmes and talks conducted by social workers, therapists and guests 	\$7,500	One-off Grant for Mental Health at School
(ii) Providing support services related to enhancing the mental health of students and teachers: - Expressive Arts Programme (Training groups & day camp) 藝遊分享活動 (表達藝術治療小組及日營)	<ul style="list-style-type: none"> Fees for registered expressive arts therapy instructors Campsite rental fee Transportation costs Other supplies costs 	\$30,000	
(iii) Designing and producing school-based learning and teaching resources related to mental health - Character-based & Mindfulness Stress Management Workshops 「懷疑人生就靜觀」減壓入班工作坊	<ul style="list-style-type: none"> Supplies costs 	\$500	
(iv) Purchasing items, furniture and equipment to enhance the mental health of students and teachers - 「HEArea」Mental Health Hub 平靜角落	<ul style="list-style-type: none"> “Rest & Relax” Embrace Your Senses: Activities expenses Other set-up fees 	\$2,000	
(v) Others (please specify)	--	--	
Estimated Total:		\$40,000	