

**Hong Kong Taoist Association Tang Hin Memorial Secondary School**  
**One-off Grant for Mental Health of Parents and Students Report on the Use of the Grant**  
**2024-2025**

**Brief Description of the Activities 1**

Organize activity on the theme “**Active Tanghinian**” to

- a)** raise participants’ awareness of physical and mental health
- b)** increase participants’ knowledge of health-related services in the district

**Objectives**

To raise participants’ awareness of physical and mental health  
To increase participants’ knowledge of health-related services in the district.

**Date:** 22<sup>nd</sup> November, 2024

**Time:** 3pm – 6:30pm

**Venue:** Covered Playground and Hall

**Target Student (level and number of participants):** 96 parents and students.

**Student Outcomes/ Evaluation Results**

The event successfully promoted mental and physical well-being among participants. Through workshops, fitness sessions, and informational booths, we raised awareness about self-care and stress management. Additionally, partnerships with local health service providers helped attendees learn about available community resources, including counseling and medical support. Feedback confirmed increased knowledge and engagement. Moving forward, we will expand outreach efforts to further connect residents with essential health services.

**Brief Description of the Activities 2**

Parents’ Consultation on Psychological/Mental Health Issues of Students

**Objectives**

- a)** Raise participants’ awareness of physical and mental health
- b)** Urge parents to foster open communication and seek professional help when needed.

**Date :** 15<sup>th</sup> March, 2025

**Time:** 11:30am-1:00pm

**Venue:** Lecture Theatre

**Target participants (level and number of participants):** consultation:30 parents

**Evaluation Results**

On 15<sup>th</sup> March, a parents’ consultation session was held to address students’ psychological and mental health issues. Dr. Wong Chung Hin Willy emphasized the rising prevalence of anxiety, depression, and stress among students due to academic pressure and social challenges. He highlighted early warning signs, such as withdrawal, irritability, and declining performance, urging parents to foster open communication and seek professional help when needed. Strategies like balanced routines, emotional support, and reducing stigma around mental health were discussed. The session concluded with a Q&A, reinforcing the importance of collaboration between parents, schools, and mental health professionals to support students’ well-being.

**Actual Expenses:**  $(300+2300+1875.5+3500)=$  \$7975.5

## 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

