

Sha Tin Government Secondary School
Evaluation on the Use of the One-off Grant for Mental Health @ School (MHSG) 2023-2024

	Name of activity	Objective	Participants	Expected Expenditure	Actual Expenditure	Evaluation
1.	Themed workshop for S5: Self-care and positive thinking	To cultivate students' positive thinking and enhance their ability to overcome challenges and failures with the courage to face hardship	S5 students	\$17,200.00	\$6,500.00	<ul style="list-style-type: none"> ➤ 98.9% of participants developed the ability to accept various emotions in life, and the same percentage learned to integrate positive thinking skills into their daily routines. ➤ The shift of the activity from outdoor settings to students' homerooms resulted in actual expenses being significantly lower than anticipated.
2.	Small group stress management workshop	To enhance students' awareness of stress management and equip them with essential skills for effectively managing stress	Selected students	\$1,600.00	-	<ul style="list-style-type: none"> ➤ Free programmes were provided by the student social worker specifically for students, and no additional expenses were incurred.
3.	Lunchtime caring programmes	To promote a proactive and optimistic attitude towards mental wellbeing among students on campus	Whole School	\$6,000.00	\$1,859.20	<ul style="list-style-type: none"> ➤ Eight lunchtime events were organized during this school year. All participants indicated that these activities increased their awareness of positive values, fostered healthy lifestyles, and provided strategies for stress relief. ➤ Only four out of the eight lunchtime events were conducted after the grant was awarded to the school. One of these events was co-hosted with an NGO, which offered a free activity aimed at promoting well-being and a healthy lifestyle for students.

Total MHSG Expenditure: \$8,359.20