

**Sha Tin Government Secondary School**  
**Use of One-off Grant for Mental Health of Parents & Students 2023-2025**

<b>Aim</b>	To provide additional resources for students and parents, to help students adjust to the changes and impacts brought by the pandemic as well as enhancing the mental health of students and parents.
<b>Amount</b>	\$20,000
<b>Use</b>	<p>Organising activities and training programmes relating to mental health of students and parents, so as to equip parents with the relevant knowledge and skills on mental health, and help them play the important role in identifying early signs of children's mental health problems, understand the ways of stress management and promotion of physical and mental health, as well as the promotion of children's positive mindset.</p> <p>Organising various home-school co-operation activities, parent education programmes, parent-child or parent activities, sharing groups for parents or parent trainings for cultivating positive family culture and enhancing the mental health of students and parents.</p>

<b>Item</b>	<b>Implementation Strategy</b>	<b>Method of Evaluation</b>	<b>Total</b>
1	<p>Organising parent-child or parent activities relating to promotion of the mental health of students and parents:</p> <ul style="list-style-type: none"> <li>a. Film show for promoting mental health</li> <li>b. Family Bowling activities for cultivating positive family culture</li> </ul>	<ul style="list-style-type: none"> <li>- Observation by teachers</li> <li>- Performance of students and parents in the activities</li> <li>- Questionnaire</li> </ul>	\$20,000

**MHPSG Total: \$20,000**