

Sha Tin Government Secondary School
Evaluation on the Use of the One-off Grant for Mental Health @ School (MHSG) 2024-2025

	Name of activity	Objective	Participants	Actual Expenditure	Evaluation
1.	Themed workshop for S6: Self-care and relaxation through Zentangle	To introduce students a way of relaxation and to raise students' awareness in handling stress.	S6 students	\$6,530.17	➤ Over 80% of the students expressed that they enjoyed the activity and the activity could increase their awareness of stress management.
2.	Self-care Consultation booth on Parents' day	To provide ways for students and parents to find proper ways to care themselves	Whole school	\$2,800.00	➤ Approximately 30 parents and students have utilized the service, and their feedback regarding the guidance has been positive.
3.	Cheering events for S6 students	To create a caring school environment and to show support to S6 students who are going to face the public exam.	S6 students	\$2,030.40	➤ All S6 students received cheering pack for relaxation and their feedback is positive.
4.	4Rs activity on the Learning Celebration Day	To create a caring school environment and cultivate a sense of belonging to the school	Whole school	\$10,448.70	➤ The responses from students, teachers and parents are very positive. Stakeholders all agreed that the ways of presenting the prizes can maintain their positive emotions.

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5.	Failure Workshop	To cultivate students' positive thinking and enhance their ability to overcome challenges and failures with the courage to face hardship	S4 & S5 students	\$19,600.00	➤ 96.6% gained insight into mental health and learning from failure, while 95.5% felt relaxed and more positive—demonstrating the activity's strong impact on resilience and students' emotional well-being.
6.	Prizes of cheering and relaxation events	To create a caring school environment and cultivate a sense of belonging to the school	Whole School	\$10,193.00	➤ Feedback from students and teachers on the choice of prizes was very positive. Students looked forward to receiving these prizes by showing the strong participation in the activities.

Total MHSG Expenditure: \$51,602.27