

HKTA Tang Hin Memorial Secondary School
One-off Grant for Mental Health of Parents and Students
ANNUAL PROGRAMME PLAN (2024-2025)

1.	PURPOSES	
	1.1	To organize activities or programmes that are related to the promotion of mental health for students and parents
	1.2	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.
	1.3	Gain parental support to develop healthy lifestyles in students through education and activities.

2.	CURRENT YEAR OBJECTIVES	
	2.1	To equip parents with the relevant knowledge and skills on mental health
	2.2	To develop healthy lifestyles in students through education and activities

3. IMPLEMENTATION PLAN

Objective 1 To equip parents with the relevant knowledge and skills on mental health						
Action/Task	Teacher-in-charge	Time-scale	Resources	Success Criteria	Method of Evaluation	Remarks
1. Healing Journey Parent Workshop (Hong Kong Children & Youth Services) Objectives: a. Learn how to identify their children's stress and mental health through workshops b. Learn self-care skills through workshops	Coordinator : Chan CW Social workers PTA teachers	May, June/2025	<ul style="list-style-type: none"> • LT • Classrooms • One-off Grant for Mental Health of Parents and Students 	1. Parents participate in the activities and give evaluation. 2. Teachers give positive comments after the activities.	1. Observation of each parent's participation in the activities	-

Objective 2 To develop healthy lifestyles in students through education and activities						
Action/Task	Teacher-in-charge	Time-scale	Resources	Success Criteria	Method of Evaluation	Remarks
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	Coordinator : Chan CW Social workers PTA teachers	11/2024	<ul style="list-style-type: none"> • LT • Classrooms • One-off Grant for Mental Health of Parents and Students 	1. Parents participate in the activities and give evaluation. 2. Teachers give positive comments after the activities.	1. Observation of each parent’s participation in the activities	-

4.	FINANCIAL ESTIMATES			
	Item	Description	Amount	Remarks
	1. Healing Journey Parent Workshop (Hong Kong Children & Youth Services)	Learn how to identify their children’s stress and mental health through workshops and learn self-care skills through workshops.	\$3000	One-off Grant for Mental Health of Parents and Students
	2. Organize activity on the theme “ Active Tanghinian ”	Raise participants’ awareness of physical and mental health. Increase participants’ knowledge of health-related services in the district.	\$4500	
	Estimated Total :		\$7500	