

Lam Tai Fai College
2024-2025

Plan on the Use of One-off Grant for Mental Health (MHG) at School

Task Area	Major Area(s)	Strategies	Benefits Anticipated	Time Scale	Resources Required	Success Criteria	Method of Evaluation	Person(s) -in-charge
To help schools create a caring and positive culture, set up a learning environment where students feel safe, relaxed and accepted, and promote students' mental health more effectively and flexibly	Organising activities and programmes related to enhancing the mental health of students and teachers	To strength teachers and students' mental health by organizing S1, S4 and S6 Students Development Camp, Mental Health Week, Healthy Monday	Promote mental health messages and establish positive thinking among teachers and students so that they learn to cope with life's pressures with a relaxed mindset to achieve self-care.	10/2024 – 3/2025	HK\$40000	- At least 90% of S1, S4, and S6 students attend the Camp with a high level of engagement - Observe a reduction in stress-related incidents (e.g., absenteeism, behavioral issues) following the events.	- Teacher's observation and - A majority feedback of the students and teachers who take part in the activities	- Ms CHING Suk Ha, Graisy - Ms TSE Hoi Yan, Emily
	Providing support services related to enhancing the mental health of students and teachers	To enhance the mental health of students and teachers by provide training and services	Alleviate stress from academics, work, and life to enhance personal emotional health and self-care awareness.	10/2024-7/2025	HK\$10000	At least 90% participation from targeted students and teachers in training sessions and mental health services with a	A majority feedback of the students and teachers who take part in the activities	Ms CHING Suk Ha, Graisy

						high level of engagement		
	Designing and producing school-based learning and teaching resources related to mental health	• To promote 7-Wells life style which is easy to adopt	• Integrate daily teaching and counselling work with various teaching aids to create an atmosphere that enhances students' positive emotions.	9/2024-8/2025	HK\$4000	• 7 sets of materials designed to promote 7-Wells life style	• Quality of the teaching materials	• Ms TSE Hoi Yan, Emily
	Purchasing items, furniture and equipment to enhance the mental health of students and teachers	• To set up the Health Centre	• Create a caring campus atmosphere through the Health Centre, where stress-relief and caring activities can be conducted to help alleviate students' emotions.	9/2024-8/2025	HK\$6000	• Set up the Health Centre	• No of usage of students or teachers	• Ms CHING Suk Ha, Graisy • Ms TSE Hoi Yan, Emily