

Lam Tai Fai College
2024-2025

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

Task / Action	Teacher-in-charge	Evaluation and Suggestions	Income and Expenditure
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.	Ms CHING Suk Ha, Graisy	- To strengthen the mental health of both teachers and students, the school has organized various school-based activities, including Mental Health Week, Love and Caring Week, Cheer Up Activities, and the S6 Adventure Day Camp. Reports and reflections submitted after these activities indicate that they helped students build confidence and develop a positive self-image. Overall, these initiatives enhanced the emotional well-being and resilience of both teachers and students, fostering a supportive and harmonious school environment. - To further promote mental health, the school arranged a S1 stress management talk before examinations and a Chinese music performance. Feedback from both teachers and students has been overwhelmingly positive. These activities introduced practices that encourage mindfulness and relaxation, helping participants alleviate stress related to academics, work, and life, thereby enhancing personal emotional health and self-care awareness. - In the health education room, a Health Corner has been established, featuring various furniture and equipment designed to create a positive and calming atmosphere. Additionally, the school has organized Healthy Monday Activities in the Health Corner to further promote well-being.	To conduct various mental health promotion activities or programmes for students and teachers. <u>Income (MHG)</u> HK\$60,000 <u>Expenditure Anticipated: HK\$60,000</u> Organising activities and programmes related to enhancing the mental health of students and teachers: HK\$42336.78 Providing support services related to enhancing the mental health of students and teachers: HK\$9500 Purchasing items, furniture and equipment to enhance the mental health of students and teachers: HK\$8163.22