

Lam Tai Fai College
2024-2025

Report on the Use of One-off Grant for Mental Health of Parents and Students

Task / Action	Teacher-in-charge	Evaluation and Suggestions	Income and Expenditure
Organising parent-child activities relating to promotion the importance of parents' physical and mental health for children's development.	Ms Cheng Ki Kei	Parent workshop "Parent-Child Stretching Class" Objective: aimed to provide parents and their children with an opportunity to relax tense muscles, release stress, improve parent-child relationships, and establish healthy habits. Participant Feedback: Feedback from participants was overwhelmingly positive. Parents expressed satisfaction with the course arrangement and appreciated the opportunity to engage with their children in a healthy, relaxing environment. Many participants highlighted the benefits of the stretching exercises for reducing stress and promoting relaxation. Conclusion: The workshop was designed to promote physical and emotional well-being through stretching exercises that can be done together. Participants engaged in various stretches and relaxation techniques that not only enhanced their physical flexibility but also encouraged bonding between parents and children. Despite the positive feedback, the number of participants was lower than expected. This limited the overall impact of the workshop. Increasing the number of participants in future sessions could enhance the benefits and foster a more supportive community atmosphere. To maximize the impact of such workshops, it is essential to promote them more effectively to attract a larger audience in the future.	To conduct various mental health promotion activities or programmes for students and teachers. <u>Income</u> HK\$20,000 <u>Expenditure Anticipated:</u>HK\$20,000 Organising parent-child activities relating to promotion the importance of parents' physical and mental health for children's development: HK\$20,000