

Lam Tai Fai College
2024-2027

Plan on the Use of One-off Grant on Parent Education (Secondary) (PEG) at School

Background:

The Education Bureau has issued the One-off Grant on Parent Education in March 2024 to assist schools in launching systematic school-based parental education programs or activities based on the Curriculum Framework on Parent Education (Secondary School). Our school plans to organize structured parental education courses to help parents of secondary students understand adolescent development, promote healthy, happy, and balanced development of adolescents, promote parents' physical and psychological well-being, and foster home-school cooperation and communication, establishing a positive culture of parental education.

Our school plans to effectively utilize the grant to procure services from providers, individual speakers, or experts that align with the concepts and principles of the Curriculum Framework on Parent Education (Secondary School), offering parental education courses or activities. These will be delivered through appropriate formats (such as workshops, lectures, or online courses) to cater to the diverse needs of parents.

Grant: HK\$200,000

Duration: May 2024 to August 2027

Strand	Topics	Strategies	Benefits Anticipated	Time Scale and budget			Target Parents		Budget (HK\$)	Method of Evaluation	Person(s)-in-charge
				24-25	25-26	26-27	S1-S3	S4-S6			
Strand 1: Understanding of adolescent development	Understanding Adolescent Development (Psychological, Social, Emotional, Cognitive, Moral, etc.)	• Talk	Enhance parents' understanding of adolescent development and how to construct their own identity	✓			✓	✓	40000	• Questionnaire • Activity report • Teacher's observation • Parents' feedback	• SDC
	Understand the uniqueness of adolescents and set reasonable expectations for their development.	• Talk or Workshop			✓		✓	✓			
	View changes from the child's perspective and adjust parenting techniques.	• Workshop			✓		✓	✓			
	Acquire effective strategies to support the healthy physical and mental development of children.	• Workshop • Group				✓	✓	✓			

Strand 2: Promotion of healthy, happy and balanced development of adolescents	Effective methods to enhance resilience facing stress for junior form students	• Workshop • Group	Enhance parents' awareness of early signs of mental health issues in their adolescent	✓		✓	✓		80000	• Questionnaire • Activity report • Teacher's observation • Parents' feedback	• SDC
	The important relationship between mental health and whole person development	• Class	children and the importance of early intervention and support for mental health.		✓		✓	✓			
	Sources of stress for senior form students (academics, relationships) and coping strategies	• Workshop • Group			✓	✓		✓			
	Early signs of mental illness and early intervention support	• Talk or Workshop		✓			✓	✓			
Strand 3: Promotion of parents' physical and psychological well-being	Understanding parental stress and its impact	• Talk or Workshop	Enhance parents' understanding and assist their adolescent children in establishing healthy intimate and gender relationships.		✓		✓	✓	60000	• Questionnaire • Activity report • Parents' feedback	• PTA
	The importance of parents' physical and mental health for children's development	• Parent-child Stretching Class		✓			✓	✓			
	Effective methods for handling conflicts with adolescent children	• Workshop • Group			✓		✓	✓			
	Mastering good family communication skills to enhance parent-child relationships	• Workshop or Class				✓	✓	✓			
Strand 4: Fostering home-school co-operation and communication	The role of parents and schools in supporting adolescents' whole person development and lifelong learning	• Talk or Workshop	Enhance parents' ability to support their adolescents in career planning and whole persona development.		✓		✓	✓	20000	• Questionnaire • Activity report • Parents' feedback	• PTA
	Channels and skills for communication between parents and schools	• Talk or Workshop				✓	✓	✓			