

Lam Tai Fai College
2024-2025
Report on the Use of One-off Grant on Parent Education (Secondary)

Task / Action	Teacher-in-charge	Evaluation and Suggestions	Income and Expenditure
Promotion of parents' physical and psychological well-being.	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 One-off Grant on Parent Education (Secondary)</u> HK\$200,000 <u>Expenditure Anticipated:HK\$15,000</u> Organising parent-child activities relating to promotion the importance of parents' physical and mental health for children's development: HK\$10,000 Organising seminar to promotion of enhance parents' understanding and assist their adolescent children in establishing healthy intimate.: HK\$5000

		<u>Parent Seminar on “Strong Spine, Strong Joints”</u> Objective: The seminar aimed to educate parents about the importance of spinal and joint health, focusing on strengthening the lumbar spine and joints as key components of overall health. Participant Feedback: Parents expressed high satisfaction with the seminar content. They appreciated the opportunity to engage directly with medical professionals, allowing them to discuss concerns and ask questions related to their children's spinal and joint health. Conclusion: The "Strong Spine, Strong Joints" seminar successfully fulfilled its objective of educating parents on vital health issues. The interactive format and direct communication with healthcare professionals made the seminar particularly beneficial. Future seminars could further enhance participation by including more interactive components and resources for parents.	
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