

Quality Education Fund
Application with Grant Sought Not Exceeding \$200,000
Part B: Project Proposal

Project Title	Project Number
M+ @ A-school – Joyful @ School Campaign	2016/0589 (Revised)

Basic Information

Name of School / Organisation / Individual

Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School (Secondary Section)

Beneficiaries

- (a) Sector: Kindergarten Primary Secondary Special
(Please tick the appropriate box(es))
- (b) Students: 850 (in number)* and G7 – G12 (class level/age)*
- (c) Teachers: 85 (in number)*
- (d) Parents: About 1700 (in number)*
- (e) Participating Schools (excluding applicant school): 0 (in number and types)*
- (f) Others (please specify): _____

** Please specify where appropriate*

Proposal

(I) Project Needs

- (a) Please state the aims of the project in clear and concise terms and elaborate on how the proposed project could impact on school development.
(Example: To enhance students' interests in reading through story-telling, singing, and drama...)
 To nurture students' positive values and attitudes, we integrate the ideas and theories of Positive Psychology – PERMA, and we establish a project called “M+ program”.
 “M+” means a Positive attitude towards life, including some elements such as acceptance, connection with others, compassion, and happiness; among those elements, we expected students achieve the following three main objectives throughout the program, so that students could keep a positive mind, so as to develop a positive social and emotional well-being.
1. To foster students' empathy by understanding others and self.
 2. To nurture a sense of appreciation and gratitude
 3. To build up a positive relationship with different parties such as peers, teachers and parents.
- (b)
- (i) What are the areas of the needs and priorities of the school?
(Please tick the appropriate box(es))
- Enhance learning and teaching to facilitate students' knowledge on subjects / learning areas / generic skills development
- Promote students' social and emotional development
- Enhance school management / leadership and teachers' professional development / wellness
- Others (please specify) _____

- (ii) Please give background information to justify the demonstrated needs as mentioned in (b)(i).
(Please tick the appropriate box(es))
- School development plan: One of school major concerns is to foster students' whole person development in order to build a positive school culture, therefore, to nurture positive values towards life and studies to our students, which is essential to introduce "M+" project in A-school to achieve our goal
- Others (please specify) _____

Background of the project design

HKBUAS Wong Kam Fai Secondary and Primary School (HKBUAS) is a new established DSS school for 10 years. As a through-trained school from G1 to G12, we have over 1800 students and over 150 teaching staff in HKBUAS.

Our school mission is to provide quality education and whole person development for students. Besides, we mentor our students, fostering their personal growth to encourage initiative, positive attitude, individuality and creativity, providing a basis of lifelong learning. Therefore, we emphasize the positive attitude towards our students, and this project must be helpful on nurturing students' positive values towards life and the sense of belongings towards school.

Furthermore, from the result of Assessment Program for Affective and Social Outcomes (APASO) in recent two years, it is found that the performance of HKBUAS students on Social Integration and Teacher-Student relationship is below the HK norm, and its dropping when comparing with the year of 2014-2015, thus, the establishment of this project would help students to build up a positive relationship with others such as classmates and teachers, also engage them in school activities so as to arouse their positive social and emotional well-beings.

On the whole, the project aims to promote three messages sticking with the "Joyful @ School campaign", which are "Positive mind", "Sharing with others" and "Enjoyment of life". Facing many daily challenges on relationship, studies and career path, several students may have a high pressure towards life, family or study, this program is crucial to help this group of students to change their mind and values to face different challenges in the future.

- (c) Please elaborate on the innovative ideas or new practices to enhance, adapt, complement and/or supplement the existing practices that will facilitate the development of the school to address the needs specific to its own context.
(Example: Drama and music are effective means to stimulate students' interest in reading and help develop their multiple-intelligences...)

To promote "M+ @ A-school", we will implement the programs by three levels – Whole school approach, grade levels and small groups/individuals.

For the whole school approach, we will cooperate with our Visual Art (VA) panel and Extra-Curricular Activities (ECA) team to introduce the spirit and ideas of positive emotions into our annual event – Arts Festival, we will promote the positive mind and positive relationship throughout different visual arts display, workshops and English Musical, to foster students' positive emotions by engagement in various activities.

On the group level, we would like to foster a positive relationship and a sense of appreciation among peers through the workshops and inter-class competitions

On the individual level, we will adopt the "Caring angel" program to care some students who have difficulties on social skills.

(II) Project Feasibility

- (a) Please describe the design of the project, including:
- (i) Approach/Design/Activity (Applicants are advised to provide details on project activities a: learning and teaching arrangements.)
(Example: The project adopts the drama-in-education strategy and uses popular children .

arouse students' interest in reading in a fun and interactive way...)

The whole school approach will be adopted from November 2017 to October 2018 by the following programs:

(ii) Key Implementation Details

Project period: (November/2017) to (October/2018)

Month / Year	Content / Activity / Event	Target Beneficiary/ Participants
October 2017 <i>(This is preparatory work for the project and does not involve any spending. It took place before the official start date of the project.)</i>	Establish school taskforce and preparation meetings Duration: 30 minutes in a staff briefing session Personnel responsible: Assistant Principal, Head of Guidance team	70 teachers and 1 social worker
November 2017 – May 2018	Design “A- Dairy” A-Dairy is a dairy consists of the worksheets and reflections related to positive emotion and relationship, the dairy will be delivered to 4 grades. Duration: November 2017 – May 2018 Friday mentor time Personnel responsible: VA teacher (Design the Dairy); Guidance team (Coordinator); Action taken by class teacher Expected Outcome: Student would learn how to set and review goals; and develop a sense of appreciation to themselves or others.	Class-basis (G7 – G8)
November - December 2017	Joyful Card Design Competition Joyful Card Design Competition is a competition to invite students designing different cards to appreciate teachers and related to positive attitudes. Duration: November - December 2017 Personnel responsible: Guidance team (Coordinator) Expected Outcome: Arouse students' awareness of fostering positive school culture; stimulate students' creativity; showcase students' artwork in upcoming activities and spread spirit of appreciation and joyfulness to other students through the delivery of cards.	G7 – G9 + NSS VA Elective students
November 2017 – October 2018 <i>(Some of the work related to the Happy Angel Scheme took place in September and October, before the official start date of the</i>	Happy Angel Scheme 1. Happy Angel Training Camp To train Peer mentors about positive emotion and peer support skills. Duration: 1-day camp Personnel responsible: School social worker and Guidance team teachers will become the mentors and supporters or instructors in this training camp. Social workers are equipped with professional counseling qualifications. Expected Outcome: Peer mentors will have stronger bonding among teammates. They can learn how to communicate with	Peer mentors

<i>project.)</i>	<p>others in positive ways and give peer support.</p> <p>2. Happy Angel Matching</p> <p>There are around 20 peer mentors will become the happy angels to take care of the G7 – G11 newcomers, so as to build up a caring atmosphere in school.</p> <p>Selection Criteria: Peer mentor is a regular service team in school, we will approach 20 senior grade students in the team to join the program.</p> <p>Duration: Once a month</p> <p>Personnel responsible: Guidance teachers, school social worker</p> <p>Expected Outcome: Newcomers will have a faster adaptation to new school life and have positive bonding with peer mentors; peer mentors will develop better communication skills through caring the newcomers</p>	
November 2017 – May 2018	<p>“Cheerful station”</p> <ul style="list-style-type: none"> - Monthly song dedication with broadcast of some cheerful messages or “Good People Good Deed” from students / teachers to whole school during lunch recess. (monthly arrangement by grade) - Psychological test and sharing booth <p>Duration: 6 times throughout a year</p> <p>Personnel responsible: Guidance teachers and peer mentors</p> <p>Expected Outcome: Develop a culture of appreciation; raise students’ sense of discovering good things happened around them; create positive atmosphere inside school; and enhance students’ self-understanding</p>	Whole school
November 2017 – May 2018	<p>Monthly M+ sharing</p> <p>To share different stories/messages/news related to the theme of M+ through mentor time, grade meetings and assemblies.</p> <p>Duration: Tuesday mentor time throughout a year, once a month</p> <p>Personnel responsible: Guidance teachers</p> <p>Expected Outcome: Foster students’ positive mind & sense of gratitude</p>	Whole school
November 2017 – May 2018	<p>M+ seminars/talks</p> <p>A thematic sharing for different grades to boost their positive thinking and resilience.</p> <p>Grade 7: Identification of Character Strengths (17/11/2017)</p> <p>Grade 8: Positive Relationship with Peers (24/11/2017)</p> <p>Grade 9: Positive Communication with Parents (26/1/2018)</p> <p>Grade 10: Mental Health (11/5/2018)</p> <p>Grade 11: Positive Communication with Parents about Study or Career Plan (26/1/2018)</p> <p>Grade 12: Stress Management (17/11/2017)</p> <p>Duration: 40 minutes to 1 hour in each talk/seminar</p> <p>Personnel responsible: Guidance team, Social workers/Outside speakers with professional counselling and guidance skills.</p> <p>Expected Outcome: Students can learn how to build positive relationship and positive communication skills as well as to develop positive mindset</p>	Grade-based
November 2017	<p>M+ camp</p> <p>For G10 students, a senior associate camp integrates with the idea of positive emotions and prepares our senior grade</p>	Grade 10 and Grade 11 (all students in both grades)

	<p>students to have a positive mind to meet upcoming challenges.</p> <p>Duration: 2-day 1-night camp</p> <p>Personnel responsible: Head of Student Development, Student Management team, Guidance team (Coordinator); Adventure training organization with professional counselling skills.</p> <p>Expected Outcome: Students would develop the positive relationship and spirit within the class and the whole grade.</p> <p>For G11 students, a service learning experience will be arranged to experience the accomplishment throughout the program, students would learn the empathy and appreciate others.</p> <p>The school will be responsible for the safety of the participants and take adequate safety measures.</p> <p>The Guidelines on Outdoor Activities and other related safety measures guidelines should be observed.</p> <p>Duration: 1 day</p> <p>Personnel responsible: Other learning Experience team (coordinator); Crossroad Foundation to plan and implement the program</p> <p>Expected Outcome: Students would enhance positive emotions throughout thanksgiving and treasure what they have, when comparing with other poor countries in the world</p>	
November 2017 & March 2018	<p>Small group workshops:</p> <p>“Positive Relationship Workshops” (G7 – G8)</p> <p>To offer 6 - 8 sessions to a small group of students to enhance their skills on communication and building relationship with others.</p> <p>Number of participants: Around 20 students</p> <p>Selection criteria: The students who join this workshop would be SEN students or they have difficulties in social skills/social relationships.</p> <p>Duration: 6 - 8 sessions (Around 1 hour or above)</p> <p>Personnel responsible: Guidance teachers</p> <p>Expected Outcome: Students can learn positive communication skills and widen their social circle through a series of meetings and experiential activities</p> <p>“Stress Management & Relaxation Workshops” (G11 – G12 & G9 – G10)</p> <p>To offer 6 - 8 sessions to a small group of students to identify their stress and enhance their relaxation skills.</p> <p>Number of participants: Around 20 students</p> <p>Selection criteria: The students who join this workshop would show their pressure on study and family relationship.</p> <p>Duration: 6 - 8 sessions (Around 1 hour or above)</p> <p>Personnel responsible: Social worker</p> <p>Expected Outcome: Students can understand their own stress level and learn relaxation skills to cope with stress</p>	Small group for students who are in need.
December 2017	Interim review about the program outcome in Term 1, and adjust teachers’ and students’ workload and manpower allocation in M+ program in Term 2.	Assistant Principal, Head of Guidance
March 2018	Staff training on Professional Development Day – Skills to identity and support students with lower level of resilience	Teaching staff

	<p>and strategies for promoting students' mental health.</p> <p>Duration: 3 hours</p> <p>Personnel responsible: Assistant Principal; outside organization who is professional at communication skills/ relationship building skills.</p> <p>Expected Outcome: Teachers have a deeper understanding about the positive communication skills with young generation.</p>	
March 2018	<p>Parent Support Group</p> <p>To offer 4- 6 sessions to parents on effective parenting skills and positive communication/relationship building with their children in a practical setting.</p> <p>Duration: 4 sessions (2 hours each session)</p> <p>Personnel responsible: Home-school Liaison team IC</p> <p>Selected criteria: Free enrolment for 30 – 50 parents</p> <p>Expected Outcome: Parents would learn more communication skills and conflict resolution skills with their child in adolescent stage.</p>	parents
April 2018	<p>Arts Festival exhibition</p> <p>To spread the message of positive emotions, positive relationship and sense of appreciation throughout the showcase of students' artworks</p> <p>Duration: 1 week</p> <p>Personnel responsible: Visual art teachers</p> <p>Expected Outcome: We would foster student's sense of appreciation and positive emotions by engaging in some visual arts workshops and exhibitions.</p>	Visual Art team teachers and students
May 2018	<p>Thanksgiving week (To consolidate the whole year program)</p> <ul style="list-style-type: none"> - Video making competition (To arouse the positive mind and characters through inter-chamber video making competition) - Writing and Sending Appreciation / Caring Card (Show gratitude & caring to others) - Song Dedication (Show gratitude & caring to others) - Booths (Game/Handcraft) - Micro-movie Appreciation (with debriefing/follow up discussion) <p>Duration: 1 week</p> <p>Personnel responsible: Guidance team</p> <p>Expected Outcome: Students are expected to enhance the sense of gratitude and appreciation throughout the activities.</p>	Whole school
July – September 2018	Evaluation meeting and evaluation surveys will be conducted to teachers and students.	Working taskforce, teachers and students

- (b) Please explain the extent of teachers' and/or principal's involvement and their roles in the project.
 (i) Number of teachers involved and degree of input (time, types, etc.):

Program	Number of teachers involved	Role of teachers
The whole "M+" program	2	Assistant Principal (Supervisor and Facilitator) Head of Guidance (Coordinator)
Design "A Diary"	3	VA teachers, Guidance Teachers
Happy Angel Scheme	8	Guidance Team

“Cheerful station”	5	Guidance team
Monthly M+ sharing	10	Grade coordinators, Student Development (SD) team
M+ camp	20	Class teachers, SD team
Parent Support Group	2	Guidance Team / Home-school Liaison team
M+ seminars/talks	70	Guidance team, SD team, Class teachers
Small group workshops	10-15	Guidance team
Staff training on Professional Development day	88	All teaching staff
Arts Festival exhibition	15	VA team, Guidance team, ECA team
Thanksgiving week	8	Guidance team
Service learning trip	7	Christianity Development team, ECA team

(ii) Roles of teachers in the project: *(Please tick the appropriate box(es))*

- Leader
 Co-ordinator
 Developer
 Service recipient
 Others (please specify) _____

(c) Please provide the budget of the project and justify the major items involved.

Grant Sought: HK\$ 155,800

Budget Item*	Expenditure Detail (Including the breakdown for the budget items)		Justifications
	Item	Amount (\$)	
i) Staff	Part-time (0.5) staff	1. Salary: (\$5,000 x 11 months) = \$55,000 2. MPF: (\$250 x 11 months) = \$2,750 Total: \$57,750	To support the logistics of all mentioned programs (Qualifications of part-time staff: Bachelor degree or studying post-secondary program, majoring in Education/ Social work / Psychology/Humanities is preferred)
ii) Service	Professional guest speakers or Professional training program	1. Student workshops: (6 sessions x 1.5hr x \$1,040) = \$9,360 2. Parent Support Group: (4 sessions x 2 hrs x \$1040) = \$8320 3. M+ Camp: (2 sessions x 4 hrs x \$1,040) = \$8,320 4. Small group workshops: (4 sessions x 4 hrs x \$1,040) = \$16,640 5. Happy Angel Scheme: (8 hrs x \$1,040) = \$8,320 Total: \$50,960	1. To organize M+ seminars/talks 2. To organize Parent support group on parenting & communication skills 3. To organize M+ camp for two days 4. To organize workshop for students in need 5. To organize 2-days-1-night Happy Angel Training Camp and Matching activities
iii) Equipment			
iv) Works			
v) General	A-Diary and	\$10,100	For A-dairy and Appreciation

expenses	cards (Printing of diaries and cards) (Design fees of A-Diary)	(\$7,100) (\$3,000)	/ Caring cards and design fees
	M+ camp (Transport fee) (Camp fee) Materials of all events	\$10,990 (\$6,000) (\$4,990) \$16,000	Cheerful stations gift, arts exhibition materials, thanksgiving week gifts and materials
	Audit fee	\$5000	
	Miscellaneous	\$5000	
		Total: \$47,090	
vi) Contingency			
Total Grant Sought (\$):		\$155,800	

* Please cross out as appropriate

(III) Expected Project Outcomes

- (i) Please describe how to evaluate the effectiveness of the project.

(Please tick the appropriate box(es))

- Observation: _____
- Focused group interviews: Arrange 25 students from Grade 7 to Grade 11 to conduct an interview about the comments and feedback about all events.
- Pre and post-activity surveys: Pre and Post activity surveys to students and teachers about the whole program will be conducted to reflection the change of students' regard with positive relationship and sense of appreciation. Also the improvement of the programs.
- Performance change of students in assessment: _____
- Others (please specify): Appreciation cards, My Happy Diary

- (ii) Please state the project deliverables or outcomes.

(Please tick the appropriate box(es))

- Learning and teaching materials
- Resource package
- DVD
- Others (please specify) _____

Report Submission Schedule

My school commits to submit proper reports in strict accordance with the following schedule:

Project Management		Financial Management	
Type of Report and covering period	Report due date	Type of Report and covering period	Report due date
Final Report 1/11/2017 to 31/10/2018	31/1/2019	Final Financial Report 1/11/2017 to 31/10/2018	31/1/2019