

# Quality Education Fund Thematic Network (QTN)

## Promoting Wellness in School

### 1. Support Service Co-ordinator

The Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong

### 2. Areas of Collaboration

Curriculum development and learning and teaching of values education in kindergartens, primary and secondary schools

### 3. Foci of Development

QTN co-ordinator will support teachers of participating schools to promote and develop values education at schools. The foci of development are as follows:

- To create a shared vision on wellness promotion with participating schools
- To promote holistic approach for mental wellness by adopting biopsychosocial model
- To enhance parent-child relationships and nurture positive parenting among participants
- To transfer the good practices and knowledge to kindergartens
- To establish a Mental Wellness Resource Hub for wellness education for different stakeholders in the community

### 4. Modes of Exchange and Collaboration

On-site support and network activities: QTN co-ordinator will support participating schools regularly for one school year to collaborate with participating teachers in:

- teacher trainings
- parent / teacher seminars
- on-site support, lesson observations and evaluations
- forming an Executive Committee (EC) with local and oversea experts
- promoting evidence-based course on psychological health

### 5. Expectations on Participating Schools

To make good use of the support services, participating schools are expected to:

#### Core and Partner schools

- work closely with the project team on the development and implementation of mental health

enhancement programmes

- engage and attend train-the-trainer workshops on programme implementation
- participate and assist in coordinating parent or teacher workshops
- participate in programme evaluation such as questionnaires, focus groups, and review meetings, etc.
- core schools will support other QTN partner and/or network schools on mental health promotion with the support of the project team

#### Network schools

- show interests in joining this QTN network and understand more about wellbeing promotion and education
- participate in professional training, seminars and sharing sessions

### **6. Points to Note**

- The support services normally last for one year
- Active engagement of participating schools throughout the support services is expected
- All participating schools should appoint a contact person to be responsible for the liaison of QTN activities
- At least one representative should attend each QTN activity
- Core schools are required to attend two Executive Committee (EC) meetings and an annual dissemination seminar to share the good practices derived and challenges faced

### **7. Enquiries**

Mr Daniel LUNG

The Hong Kong Jockey Club Centre for Suicide Research and Prevention,

The University of Hong Kong

Tel: 2831 5225

E-mail: danielwm@hku.hk