

**Name of Quality Education Fund Thematic Network (QTN)**  
Promoting Wellness in School

**1. QTN Co-ordinator**

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

**2. Address of QTN Co-ordinator**

2/F, The Hong Kong Jockey Club Building for Interdisciplinary Research,  
5 Sassoon Road, Pokfulam, Hong Kong

**3. Beneficiaries**

100-101 Secondary Schools, Primary Schools and Kindergartens  
2-3 Kindergartens

- 4 Core\* schools (Secondary and Primary schools)
- 24 Partner schools (Secondary and Primary schools)
- 70 Network schools (Secondary and Primary schools)

**4. Objective(s)**

This QTN aims at transforming all participating schools into wellbeing-first schools where the wellbeing of students will be placed as the top priority.

**5. Foci of Support**

- Create a shared vision on wellness promotion with schools;
- Promote a holistic approach to mental wellness by adopting biopsychosocial model;
- Enhance parent-child relationships and nurture positive parenting;
- Transfer the good practices and knowledge to kindergartens; and
- Establish a Mental Wellness Resource Hub for wellness education for different stakeholders in the community.

**6. Modes of Support**

- Conduct staff development day for participating schools' principals and teachers on positive education and mental health etc.;
- Provide train-the-trainer workshops for all corresponding teachers on the program implementation (about 4 hours/school);
- Provide regular on-site visits, class observation and review meetings with school teachers (about 2-3 visits/school within 12 months of support):
  - i. Understanding and giving advice on mental wellness promotion; and
  - ii. Collecting feedback and comments on the mental health programs
- Organise workshops for parents of young children and adolescents (e.g., how to be an optimistic parent and how to help children stay positive despite heavy academic workload, etc.);
- Form an Executive Committee of local and overseas experts to enrich the development and implementation of the entire program; and

- Disseminating the evidence-based practices and knowledge to all schools in Hong Kong.

## **7. Points to be noted by Participating Schools**

To make the best use of the support services, participating schools are required to :

- Work closely with the project team on the development and implementation of mental health enhancement programs;
- Actively engage and attend train-the-trainer workshops on program implementation;
- Conduct staff development day on positive education regularly;
- Participate in program evaluation such as questionnaires, focus group and review meeting, etc.;
- Support other QTN partner and/or network schools on mental health promotion (with support of the project team); and
- Attend two Executive Committee (EC) meetings and an annual dissemination seminar to share the good practices derived and challenges faced.

## **8. Enquiries**

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