

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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