

Quality Education Fund Thematic Network (QTN)

Promoting Wellness in School

1. Support Service Coordinator

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

2. Areas of Collaboration

Curriculum development for values education, promoting students' wellbeing and respective learning and teaching in kindergartens, primary, and secondary schools

3. Foci of Development

QTN coordinator will support teachers of participating schools to promote values education in school. The foci of development are as follows:

- To create a shared vision for wellness promotion with participating schools which forms a Wellbeing First School (WFS) alliance and allows inter-school knowledge exchange with the best practice and experience sharing
- To promote holistic approach for mental wellbeing of students based on biological, psychological and social aspects to nurture and strengthen resilience of students
- To support schools to transform into Wellbeing First Schools (WFS) by developing and communicating the principles of the WFS Guidelines
- 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 coordinator will support and collaborate with teachers of participating schools regularly for one school year through the followings:

- teacher trainings
- parent/teacher workshops and talks
- lesson observation and focus groups evaluation
- forming an Executive Committee (EC) with local and overseas experts

5. Expectations on Participating Schools

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

Core and Partner schools

- share same vision with QTN coordinator on promoting mental wellness in school
- work closely with the project team of QTN coordinator on the implementation of mental health enhancement programmes
- participate in programme activities and training workshops
- organise in-school mental health promotion activities
- participate in programme evaluation such as questionnaires, lesson observation, focus groups, and review meetings, etc.
- core schools to support other partner and/or network schools on mental health promotion with the assistance of the project team

Network schools

- show interest in to knowing more about wellbeing promotion and education, and considering to become a partner school
- participate in programme activities and training workshops

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 are required to appoint a representative to be responsible for the liaison of QTN activities
- At least one representative should attend each QTN activity
- Participating schools are required to attend two Executive Committee (EC) Meetings and an annual dissemination seminar to share good practices derived and challenges faced

7. Enquiries

Dr Iris CHAN

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

Tel: 2831 5225

E-mail: iriscwy@hku.hk