Report on the Use of the One-off Grant for Parent Education (Secondary) (2025-2026)

Part I: Evaluation on the activities

a. Mindful Parenting Course (靜觀教養課程)

The first phase of the course consisted of 4 lessons, which were held on November 8, 15, 22, and 29, 2025. While 15 parents enrolled in the course, only around 5 parents attended all the lessons. Feedback from some parents was positive; they noted that the course helped them stay calm, raised their emotional self-awareness, and had a positive impact on handling their children appropriately. However, other parents found the course boring and only attended one or two lessons.

Since parent attendance was unsatisfactory, the average cost per participant became very high. Therefore, it was decided not to proceed with the second phase of the course.

b. Parents' Talk: AI and Children's Future (家長講座：AI 與孩子的未來)

This activity was held on November 11, 2025. This was the first time the school hosted a parents' talk online via ZOOM. Although the participation rate appeared higher than traditional in-person talks, some participants left very early. Additionally, there was virtually no interaction between the speakers/teachers and the parents. Therefore, this mode of hosting talks requires further consideration.

Participants generally gave positive feedback on the content, with over 90% expressing that the talk helped them understand the importance of assisting their children in mastering AI skills.

c. Fathers' Group (「揮動爸爸」)

The fathers' group consisted of 6 sessions held between January 2 and February 6, 2026. Each session comprised two components: a 1.5-hour pickleball game for relaxation, followed by 30 minutes dedicated to parenting skills and sharing. Fathers were eager to join, and the quota of 10 was fully met.

The attendance rate was exceptionally high, averaging 95%, with 7 members achieving 100% attendance. Furthermore, 100% of the participants agreed that the activity raised their confidence in their parenting roles, and they particularly enjoyed sharing experiences with other members. They expressed a desire for more sports-related activities in the future (e.g., basketball, badminton, tennis, martial arts, and canoeing).

Based on this year's experience, combining sports with parenting skills proved to be an effective way to engage fathers. Given the highly positive feedback, it was agreed that this type of fathers' group should be continued in the coming year.

d. Parents' Talk: How to Help Children Grow from Failure? (家長講座：「如何協助子女從失敗中成長」)

The activity was held on January 30, 2026, with around 23 parents participating. Two speakers used their life experiences to help parents understand the importance of experiencing failure in

a student's life. There was good interaction between the speakers and the participants. According to teachers' observations and participant feedback, the parents were highly engaged in the activity and reflected deeply on the topic.

e. Museum of Epic Failure Exhibition (失敗博物館展覽)

This exhibition was held on Parents' Day and showcased stories of failure and subsequent reflections from secondary students, university students, and parents. A small-scale book exhibition on the same theme was organized by the school library, allowing parents and students to borrow relevant books. Many parents were observed stopping to read the stories patiently. The activity successfully provided an opportunity for parents to reflect on the true meaning of failure and help their children build a growth mindset. It was agreed that the event was highly meaningful.

f. Mental Health First Aid Course (精神健康急救課程)

The course consisted of 4 sessions, each lasting 3.5 hours, held on March 21, March 28, April 11, and April 18, 2026. Twenty-four parents enrolled. Attendance was satisfactory, and 7 parents successfully obtained their certificates (criteria: 100% attendance and completion of a quiz).

According to the questionnaire results, 100% of the respondents expressed satisfaction with the course content, which taught parents how to provide early intervention and initial support to adolescents developing mental health issues or experiencing a crisis until professional help is available. This indicated that they learned how to better support their children's healthy and balanced development. Parents' sharing, their interactions with the instructors, and their questionnaire comments proved that they felt more prepared to guide their children through their developmental years.

g. Parents' Relaxation Workshop: Mosaic Lamp Making (馬賽克燈放鬆體驗)

The activity was held on April 11, 2026, with 24 parents participating. 100% of the participants enjoyed the activity, expressing that they learned a practical way to relax and recharge their energy for their parenting roles.

h. Parents' Talk: Understanding Yourself and Your Child (家長講座：「教養孩子、知己知彼」)

The talk was held on April 15, 2026, with 23 parents participating. The session focused on adolescent psychology and needs. According to the questionnaire results, 100% of the parents stated that the talk helped them reflect on how to manage their children based on their specific needs. Parents were invited to write down the most impressive parts of the talk, and their feedback demonstrated that they grasped the core message. Some parents expressed a desire for more in-depth discussions in the future.

i. Parents' Relaxation Workshop: Aroma Stone Making (擴香石家長放鬆工作坊)

The activity was held by the PTA on May 9, with 24 parents participating. The feedback of the

workshop was positive, with 100% of the participants agreed that the activity helped them better taking care of themselves so they could better take care of their children.

j. Parents' Talk: Teenagers' Needs Behind "Lying Flat" Behavior (家長講座：躺平背後的青年需要)

The talk was held on May 22, 2026, with 23 parents participating. The focus was on helping parents understand the social and psychological reasons why some adolescents choose to "lie flat." The speaker also provided practical tips on how parents can handle children with this mindset to help them grow healthily. Around 89% of the parents agreed that the talk could help them know more about positive discipline, parental skills and adolescents' needs behind "lying flat" behavior in the course of growth.

Part II: Financial Report

Total: $200,000 (for 2024-2027 school years)

Unspent balance from the previous year (adjusted): $166,334.11

Date	Activities	Strand	Actual Expenses
Nov 8,15,22,29/2025	Mindful parenting course 靜觀教養課程	II	$14,000
7.11.2025	Parents' Talk: AI and children's future 家長講座：AI 與孩子的未來	IV	$2,500
Jan 2,9,16,23,30, Feb 6/2026	Father group – pickleball 「揮動爸爸」	III	$7,200
30.1.2026 4-7.2.2026	Parents' Talk: How to help children grow from failure? 家長講座：「如何協助子女從失敗中成長」 Museum of Epic Failure Exhibition 失敗博物館展覽	II	$23,500
Mar 21,28 Apr 11,18/2026	Mental Health First Aid course 精神健康急救課程	II	0
11.4.2026	Parents' Relaxation workshop: Mosaic Lamp Making 馬賽克燈放鬆體驗	III	$3,525
15.4.2026	Parents' Talk: Understanding yourself and your child 家長講座：「教養孩子、知己知彼」	I	$1,500
9.5.2026	Parents' Relaxation Workshop: Aroma Stone (By PTA) 擴香石家長放鬆工作坊	III	$4,972
22.5.2026	Parents' Talk: Teenagers' needs behind lying Flat behaviour 家長講座：躺平背後的青年需要	I	$2,500
	Total Expenses		$59,697
	Unspent balance		$106,637,11

Strands

I	*Understanding of Adolescent Development*
II	*Promotion of Healthy, Happy and Balanced Development of Adolescents*
III	*Promotion of Parents' Physical and Psychological Well-being*
IV	*Fostering Home-school Co-operation and Communication*