

One-off Grant on Parent Education (Secondary)

Plan and Budget 2025-2026

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

Unspent balance from the previous year: \$166,334.11

Activities	Expected Expenses
Strand I: Understanding of Adolescent Development	
F.1 Parents' Talk	\$0
Parents' Talk on understanding adolescent's development and needs.	\$2,500
Strand II: Promotion of Healthy, Happy and Balanced Development of Adolescents	
Youth Mental Health First Aid Course (Parent version) @ Jockey Club Embrace Life Series 2.0-Quantity Mental Health Campus Project [4 sessions]	\$0
'Strength in Struggles' Programme - Museum of Epic Failure Exhibition Let parents and students have a reflection of the real meaning of failure through joining the exhibition. - Parents' talk: Give parents tips on how to help their children overcome failure, thus to increase resilience.	\$23,500
Mindful parenting course (Phase I&II)	\$28,000
Strand III: Promotion of Parents' Physical and Psychological Well-being	
Activities promoting parents' psychological Well-being: - Stretching Exercise workshop - Relaxation workshop - Father group	\$20,000
Strand IV Fostering Home-school Co-operation and Communication	
Parent's Talk on AI and Children's technique in the future	\$2,500
Total:	\$76,500
Unspent Balance:	\$89,834.11

A plan for Parent Education (2025-2026)

Objectives:

1. Give parents of secondary students an understanding of adolescent development
2. Promote adolescents' healthy, happy and balanced development
3. Foster parents' physical and psychological well-being

Proposed Date/ Month	Activities	Targets	Service provider/ Speaker
Strand I: Understanding of Adolescent Development			
Sept 2025	F.1 Parents' Talk - Let parents understand the development phase of F.1 students, the challenges they face in the transition from primary to secondary school. - Give parents tips on how they can help their children adapt to the new learning environment.	F.1 Parents	School social worker
May 2026	Parents' Talk on understanding adolescent's development and needs.	All parents	HKFYA
Strand II: Promotion of Healthy, Happy and Balanced Development of Adolescents			
Oct-Jan 2025	Mindful parenting course (Phase I&II)	All parents Quota: 16	Ting's Culture Communication (HK) Limited
Jan-Feb 2026	'Strength in Struggles' Programme - Museum of Epic Failure Exhibition Let parents and students have a reflection of the real meaning of failure through joining the exhibition. - Parents' talk: Give parents tips on how to help their children overcome failure, thus to increase resilience.	All Parents	Asia Pacific Youth Development Foundation (AYF)
Mar-Jun 2026	Youth Mental Health First Aid Course (Parent version) 4 sessions	All Parents Quota:25	The Mental Health Association of HK
Strand III: Promotion of Parents' Physical and Psychological Well-being			
Nov 2024 - Jun 2025	<u>Activities promoting parents' psychological well-being</u> - Stretching Exercise - Relaxation workshop - Father group	All Parents	Individual instructors
Strand IV Fostering Home-school Co-operation and Communication			
Oct-Nov 2025	Parents' Talk on AI and Children's technique in the future	All Parents	HKFYG