

Report on the Use of the One-off Grant for Parent Education (Secondary) (2024-2025)

Part I: Activities organized

1. F.1 parents' talk
2. Parents' talk: "Handling parent-child conflicts: Win-win strategies"
3. Parents' talk: "Understanding adolescent's psychological and emotional needs."
4. Parents' talk "Virtual world and parent-child communication"
5. Career talk: How to help children to make their career choice?
6. Workshop on stress relief through singing bowl
7. Workshop on stress relief through gardening
8. Father Support Group: Muay Thai

Part II: Evaluation on the activities

- Positive feedback was received from participants across all activities.

- Parents' Talks

The participating parents found the sessions helpful in understanding their children's developmental needs at different stages and learning strategies to support them through challenges in adolescence. To increase participation, enhanced promotion and the inclusion of online options could be considered.

- Relaxation Activities

These activities were effective in helping parents maintain good mental well-being, which is essential for healthy parenting.

- Fathers' Group

The Muay Thai exercise session (one hour) followed by a 30-minute sharing discussion was well-received. Fathers appreciated the opportunity to relax, exchange experiences about their roles in the family, and provide mutual support.

- Suggestions for Future Activities

It was recommended to organize relaxation workshops for parents in the coming year. Besides talks, diversifying the range of activities—such as specialized courses—could further enhance parents' understanding of adolescent needs and improve their parenting skills.

Part III: Financial Report

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

Date	Activities	Strand	Actual Expenses
Oct 3, 2024	F.1 Parents' Talk	I	\$0
Nov 16,2025	Workshop on stress relief through singing bowl	III	\$11,400
Nov 22, 2024	Parents' Talk: "Handling parent-child conflicts: Win-win strategies"	I	\$2,500
Feb 28,2025	Parents' Talk: Understanding adolescent's psychological and emotional needs.	II	\$4,500
Mar 22, 2025	Workshop on stress relief through gardening	III	\$4,000
Mar 28,2025	Career talk: How to help children to make their career choice?	IV	\$2,900
Apr 3,2025	Parents' Talk "Virtual world and parent-child communication"	II	\$2,500
May 3- Jun 21, 2025	Father Support Group through Muay Thai	III	\$5,865.89 <i>Coach fee: \$4980</i> <i>Materials: \$885.89</i>
		<u>Total:</u>	\$33,665.89
		<u>Unspent Balance:</u>	\$166,334.11

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*