

Marymount Secondary School

Plan on the use of One-off Grant for Mental Health of Parents and Students (2024-2025)

Objective: To support parents in taking care of students' mental health by organizing activities and training programmes relating to mental health of students and parents, to equip parents with the relevant knowledge and skills on mental health, and help them in identifying early signs of children's mental health problems; understand the ways of stress management and promotion of physical mental health, as well as promoting children's positive mindset.

	Areas	Expenses
1	Joining or Organizing parent-child or parent activities relating to promotion of the mental health of students and parents	\$4,000
2	Providing training programmes or activities to equip parents with the knowledge and skills related to mental health. - Organize a series of workshops on Mental Health First Aid by an expert.	\$8,000
	Total	\$12,000