

Mental Health Week

(28 November 2023 to 4 December 2023)

Our school organised the Mental Health Week from 28 November (Tuesday) to 4 December 2023 (Monday). The Guidance Team, Healthy School Programme, SEN Support Team, OLE Team, Student Association and the school's social workers collaborated to organize a range of activities for students of different grades. They encompassed morning assemblies and class teacher periods, focusing on the central theme of mental health and positive thinking. Additionally, various activities, such as game booths, handicraft workshops, Pastel Nagomi Art sessions, film appreciation events and singing performances, were arranged during lunchtime and afterschool to help students alleviate stress, teaching them stress-relief techniques and promoting positive attitudes. The programme effectively heightened students' awareness of mental health and enhanced their mental health literacy.



Principal YUEN, teachers and students attending the kick-off ceremony of the Mental Health Week



S1 students running game booths during lunchtime



Students rejuvenating themselves by engaging in the singing performance



Student Caring Ambassadors attending a training workshop



Students actively participate in a handicraft workshop