



Mindshift+ Report

Chan Shu Kui Memorial School



Project 1

Date: April 24, May 3, 8, and 17, 2018

Time: 15:45 - 17:15

Target: F.3 and F.4 students

Aim:

- Strengthen student ambassadors' capacity in supporting fellow schoolmates with emotional needs, e.g., observational and communication skills
- Highlight the importance of mental wellness



Project 1

Content:

- Introduce various mental illnesses by the social worker
- Role-play exercises on how to handle students with various emotional distress
- Design and lead 3 mini games to increase students' sensitivity towards others' needs on emotion
- Lead fellow schoolmates to perform Fitmind 10

Evaluation

- Based on the survey conducted, 100% of students agreed that activities organised could enrich knowledge on mental health.
- Based on observation, students engaged in the activities and would like to join the similar event in future.



Project 2

Date: November 19 - 23, 2018

Time: 13:15 - 13:45

Target: Whole school

Aim:

- Enrich knowledge of mental health among teachers and students
- Create atmosphere with mutual support, boost up resilience level



Project 2

Content:

- Gather information about mental illness and show on display board
- Quiz on mental illnesses
- Collaborate with volunteers from New Life Psychiatric Rehabilitation Association to make handcraft to reduce stress
- Board game for students to relieve stress
- Provide cards for fellow schoolmates to write down encouraging messages for others

Evaluation

- Both teachers and students expressed that activities are useful in alleviating pressure from work and study.
- Based on observation, students engaged in the activities and would like to join the similar event in future.

Sustainability

- Inviting more students to join as student ambassadors, allow more fellow schoolmates to know the importance of mental wellness.
- Launching Mental Health Week next year to raise the awareness of both teachers and students to take care of mental health.
- Sharing from student ambassadors to promote the positive impacts and changes after joining Mindshift+ programme.
- Providing board games during lunch hours, allowing students to communicate with other classmates and relieve from stress.



Impact on school

- Students expressed that they obtained a deeper understanding of different mental disorders.
- All the student ambassadors became more mature, caring and have increased awareness of others' emotions.

