

True Light Girls' College

Report on the "One-off Grant on Parent Education (Secondary)" (2024 – 2025)

1.1 The healthy, happy and balanced adolescents' development is promoted.			
Strategies / Tasks	Success Criteria	Evaluation	Actual Expenses (\$)
(a) To improve parents' knowledge of adolescent physiological, cognitive, social, and emotional development by organising structured parent education programmes (b) To enable parents to understand their adolescent children's needs more effectively by organising thematic parent education programmes	- Over 70% of parents' knowledge in adolescent development is improved. - Over 70% of parents understand more their adolescent children's needs.	The MBTI seminar and workshop, "How to Manage Finances with Your Children?", the Bi-Annual Seminar for Parents on "Life Planning," and "Preparation for Senior Secondary and University Studies" were organised for the parents. These sessions helped parents to enhance communication with their daughters, foster healthy saving habits, and better understand the pathways to tertiary education and the emotional support needed during adolescence. About 90% of parents agreed that they now have a clearer understanding of their daughters' developmental needs.	22 680.65
1.2 The physical and psychological well-being of parents is fostered.			
(a) To design and produce school-based parent education resources	Over 70% of parents agreed the physical and psychological well-being is fostered.	Three leaflets were distributed to parents, namely 解構機不離手 - 親子溝通技巧, 應對女兒壓力小錦囊 and 關懷青少年之精神及心理健康. Parents found these information useful for fostering their physical and psychological well-being.	/
1.3 The culture of positive parent education is built.			
(a) To formally set up Parent Academy (b) To promote parent education and encourage parents to pursue lifelong learning, participate parents' talks and various home-school co-operation activities actively	Over 70% of the participants found the culture of positive parent education is built.	The Parent Academy Working Group was set up and the Parent Academy was formally set up after the pilot year. In 2024–2025, parents who participated in a designated number of programmes were honoured with Gold, Silver, or Bronze Awards, with 132 receiving Bronze, 20 Silver, and 9 Gold. In addition to the Parent Academy Working Group, other committees, such as Career Guidance Committee, organised seminars for the parents on, for instance, career and life planning. 83.8% of parents reported that the seminar enhanced their understanding of life-planning matters for their daughters.	/
Total Expenditure			22 680.65
Unspent Balance			177 319.35