

**True Light Girls' College**  
**Use of the “One-off Grant for Mental Health of Parents and Students”**  
**Annual Report (2024 – 2025)**

| <b>Parents to take care of students' mental health is supported</b>                                                                                                                                                                  |                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                             |
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| <b>Strategies / Tasks</b>                                                                                                                                                                                                            | <b>Success Criteria</b>                                                                                                  | <b>Evaluation</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Actual Expenses (\$)</b> |
| To equip parents with knowledge and skills in supporting students' mental health development and building positive cultures at home through<br>(a) parent workshop on taking care of the mental health of parents and their children | Over 70% of the participants found the workshop useful in improving their mental health                                  | To promote emotional wellness among parents, the DustyKid Hug My Heart Exhibition was held on Parents' Day, along with a mindfulness workshop on May 16 2025. These activities encouraged parents to reflect on their own emotional needs and self-care. They gained insights into the importance of mental well-being, both for their children and themselves.<br><br>Parents and children also enjoyed bonding activities such as making dragon beard candy, flower arrangement and creating moving sand art, which offered a | 15,979.00                   |
| (b) A parent seminar of understanding and taking care the mental health of the children                                                                                                                                              | Over 70% of the participants found the seminar useful enriching their understanding of the children mental health issues | fun and relaxing way to strengthen their connection.<br><br>Talks, such as Grow with Girls 女兒成長發展需要 and 關懷青少年之精神及心理健康講座, were organised for parents to better understand their mental wellness. 82% of parents became more aware of emotional wellness and the need to care for their own well-being.                                                                                                                                                                                                                           | /                           |
| (c) “mental health” resource packages (online / offline)                                                                                                                                                                             | At least two online / offline resources are provided                                                                     | To support psychological wellness, four informative leaflets were distributed to parents: 解構機不離手 - 親子溝通技巧, 應對女兒壓力小錦囊, 學生錦囊, and 關懷青少年之精神及心理健康. These resources provided practical guidance on communication, stress management and mental health. Feedback indicated that both students and parents found the materials helpful in enhancing emotional awareness and fostering well-being.                                                                                                                                      | 1,980.00                    |