

True Light Girls' College
Report on the Use One-off Grant on Parent Education
2025 – 2026

Subject Panel / Committee: Parent Academy

Panel Head / Committee Head: Hui Sau Hing

1. Effectiveness of the Previous Action Plan

Objective & Strategies	Success Criteria	Achievements (Evaluation of students' performance with supporting evidence)	Follow-up measures / suggestions for improvement
<p>OBJECTIVE To promote healthy, happy and balanced adolescents' development</p> <p>STRATEGIES</p> <ul style="list-style-type: none"> Organize parent-child communication lectures to help parents better understand their daughter's growth needs and promote communication between both parties. 	<ul style="list-style-type: none"> Over 70% of parents' knowledge in adolescent development is improved. 	<p>EVALUATION ☒ Achieved ☐ Partly achieved ☐ Not achieved</p> <p>EVIDENCE</p> <ul style="list-style-type: none"> Career interest & parent-child communication (HOLLAND CODE): Of the 17 parents who completed the questionnaire, 94.1% (16 parents) were satisfied or very satisfied, and 94.1% (16 parents) believed the talk helped them communicate more effectively with their daughters about interests, careers, and the future. Also, 100% (17 parents) believed they could apply the methods learned to daily parent-child conversations. Internet world & parent-child communication: Among the 14 parents who completed the questionnaire, 85.7% (12 parents) agreed or strongly agreed that the talk helped them better understand their daughters' use of the internet and smart devices, and helped them find better ways to 	<ul style="list-style-type: none"> Next school year, we will continue to organize a series of activities aimed at promoting healthy, happy, and balanced adolescent development. These initiatives will focus on equipping young people with the skills and knowledge necessary for their well-being.

		<p>communicate—supporting daughters in building a healthy digital lifestyle.</p> <ul style="list-style-type: none"> Financial management perspective for children: Among the 9 respondents, 88.8% (8 parents) agreed or strongly agreed that the talk increased their own financial management knowledge and helped them assist their daughters in improving their money-management ability. <p>Overall impact on adolescent development: These outcomes collectively indicate that parents are gaining practical communication skills and knowledge to better support their daughters in key areas linked to balanced development—future planning (career interests), digital well-being (healthy technology use), and financial capability (money management). High agreement and satisfaction rates demonstrate strong effectiveness in helping adolescents’ development through improved home guidance.</p>	
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Objective & Strategies	Success Criteria	Achievements (Evaluation of students’ performance with supporting evidence)	Follow-up measures / suggestions for improvement
<p>OBJECTIVE</p> <p>To foster the physical and psychological well-being of parents as</p>	<ul style="list-style-type: none"> Over 70% of parents agreed the physical and 	<p>EVALUATION</p> <p>☒ Achieved ☐ Partly achieved ☐ Not achieved</p>	<ul style="list-style-type: none"> We will host events that foster the physical and psychological well-being of

<p>building a culture of positive parent education and Chinese culture of filial piety.</p> <p>STRATEGIES</p> <ul style="list-style-type: none"> Organize parent health lectures/workshops with to promote parents' physical and mental health 	<p>psychological well-being is fostered.</p>	<p>EVIDENCE</p> <ul style="list-style-type: none"> In HOLLAND CODE, 94.1% (16/17) reported improved communication effectiveness, and 100% (17/17) reported they could apply learned methods in daily conversations—reflecting increased parental capability and psychological confidence. In Internet world, 85.7% (12/14) agreed the talk improved their understanding and their ability to communicate, reducing uncertainty and enhancing parents' sense of preparedness in supporting their daughters' digital lives. In Financial management, 88.8% (8/9) agreed the talk strengthened their financial management knowledge and improved their ability to help daughters—showing growth in parents' competence and self-efficacy. <p>Connection to positive parent education & filial piety culture: By equipping parents with structured knowledge and communication approaches, the program supports positive parent education—enabling parents to take an active, informed role in guiding their children. This also aligns with filial piety values (supporting and nurturing children's growth through responsible parental care), while strengthening parents' confidence, understanding, and parenting effectiveness—key contributors to both psychological well-being.</p>	<p>parents, building a culture of positive parent education while also highlighting the importance of the Chinese tradition of filial piety in nurturing strong family bonds.</p>
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2. Financial Report

Particulars	Income (+)	Expenses (-)	Balance
Balance b/d			\$177 319.35
隨機感應親職教育工作坊		\$2 480.00	
醒獅鳳梨酥工作坊		\$9 000.00	
理財及親子講座		\$5 000.00	
推行與媒體和資訊素養講座		\$4 980.00	
如何協助子女中四選科講座		\$3 900.00	
花遇真光女書院工作坊		\$4 980.00	
Holland Code Workshop		\$4 000.00	
有你家持互助小組		\$4 980.00	
自我照顧學家長工作坊		\$4 800.00	
如何協助子女選科出路及放榜資訊		\$3 900.00	
Balance c/d			129,299.35