

One-off Grant for Mental Health at School (Plan 24-25) Budget Plan (24-25)

Remaining Amount: \$43,727.60

	Date	Items / Activities	Purposes	Proposed Amount
Guidance	5/9/2025	Guidance Week (Ice-Cream 400 cups)	Reduce stress and anxiety: Implement activities that help participants manage and lower their stress and anxiety levels effectively.	\$5,200.0
	1-6/2025	Mindfulness workshop (for teachers)	Helping teachers destress through mindfulness activity and learn a skill they can do at home	\$10,000.0
	1-6/2025	酒精水墨畫減壓班	Support creative expression: Provide outlets for participants to express themselves creatively, aiding in emotional processing and	\$15,000.0
	1-6/2025	mental Health workshops after exam and test	Support creative expression: Provide outlets for participants to express themselves creatively, aiding in emotional processing and healing.	\$10,000.0
			a). Total Amount used by Guidance:	\$40,200.0
SU	3/2025	S6 Last Day	Encourage positive thinking: Implement activities that promote a positive mindset and help participants focus on their strengths.	\$3,000.0
			b). Total Amount used by SU:	\$3,000.0
Others				
			c). Total Amount used by other units:	\$0.0
			Proposed Allocation (a + b + c):	\$43,200.0
			Amount Left:	\$527.60