



## ST. LOUIS SCHOOL

Circular No. 167 (21-22)

3<sup>rd</sup> June, 2022

Dear Parents/Guardians,

### **Re: Upcoming events for Participants of Mindshift Educational Networking Programme (Mindshifters)**

Thank you for your son's / charge's participation in the captioned programme and his contributions to raising schoolmates' mental health awareness. You may view and appreciate a music video of a song composed by the Secondary Four Mindshifters at [https://drive.google.com/file/d/1d1VmpSjppNcTjmy7vJpL0ar\\_HkbOpuUU/view?usp=sharing](https://drive.google.com/file/d/1d1VmpSjppNcTjmy7vJpL0ar_HkbOpuUU/view?usp=sharing).



As for the remaining events, please find the latest schedule below:

| <b>1. FitMind Volunteer Service in the Community</b>              |                            |  |   |
|---|----------------------------|--|---|
| Date  | Time                       | Content  | Venue   |
| 11 June 2022<br>(Saturday)  | 5:30 p.m. –<br>6:30 p.m.   | Mindshifters will act as Assistant FitMind Coaches in delivering exercise intervention (yoga) to people with psychosis in the community.         | Hikari Yoga<br>(Room G, 16/F,<br>Alpha House,<br>27-33 Nathan<br>Road, Tsim Sha<br>Tsui)  |
| <b>2. School Project</b>  |                            |  |   |
| Date  | Time                       | Content  | Venue   |
| 28 June 2022<br>(Tuesday)   | 12:00 p.m. –<br>2:00 p.m.  | Mindshifters will host various activities to raise schoolmates' mental health awareness during the S1 General Education lesson and after school. | St. Louis School  |
| <b>3. Attachment Programme</b>                                    |                            |  |   |
| Period  | Time                       | Content  | Venue / Mode  |
| 3 weekdays in<br>August, 2022<br>(Exact dates to<br>be confirmed) | 9:30 a.m. –<br>5:00 p.m.   | Selected Mindshifters will be invited to shadow various mental health professionals in this three-day attachment programme.                      | Online via<br>Zoom<br>and / or<br>Face-to-face at<br>Department of<br>Psychiatry, Li<br>Ka Shing<br>Faculty of<br>Medicine, The<br>University of<br>Hong Kong |
| <b>4. Experience Sharing cum Award Presentation Ceremony</b>      |                            |  |   |
| Date  | Time                       | Content  | Venue   |
| 20/08/2022<br>(Saturday)  | 10:30 a.m. –<br>12:00 p.m. | Selected Mindshifters will be invited to share their experiences and perform the song they composed.   | Run Run Shaw<br>Tower,<br>Centennial<br>Campus, The<br>University of<br>Hong Kong   |

Please kindly acknowledge receipt of this e-notice and give your consent by 8 June 2022 (Wednesday). For enquiries, please contact Ms NG Kar Wai Vivien at 2546 0117.

Thank you for your kind attention.

Ms NG Kar Wai Vivien  
for the Principal

敬啟者：

### 思動計劃活動時間表

感謝 貴子弟參與思動計劃以提醒同學們關注精神健康。各位家長可點擊以下網址觀賞由中四思動大使創作的歌曲影片：

[https://drive.google.com/file/d/1d1VmpSjppNcTjmy7vJpL0ar\\_HkbOpuUU/view?usp=sharing](https://drive.google.com/file/d/1d1VmpSjppNcTjmy7vJpL0ar_HkbOpuUU/view?usp=sharing).



本計劃的最新活動時間表如下：

| 1. FitMind 義工服務     |                      |  |   |
|---------------------|----------------------|--|---|
| 日期                  | 時間                   | 活動內容   | 地點  |
| 2022年6月11日<br>(星期六) | 下午 5 時半至<br>6 時半     | 思動大使將擔任 FitMind 助理指導員，協助 FitMind 義工教練在指定的社區帶領思覺失調患者進行運動治療練習。 | Hikari Yoga<br>(尖沙咀彌敦道<br>27-33 號良士大廈 16 樓 G 室) |
| 2. 精神健康推廣活動         |                      |  |   |
| 日期                  | 時間                   | 活動內容   | 地點  |
| 2022年6月28日<br>(星期二) | 下午 12 時至 2<br>時      | 思動大使將於中一博雅教育課及課後舉辦不同活動宣揚精神健康。                                | 本校  |
| 3. 實習計劃             |                      |  |   |
| 日期                  | 時間                   | 活動內容   | 地點 / 模式   |
| 8 月 (待定)            | 上午 9 時半至<br>下午 5 時   | 在計劃中表現出色的同學將到香港大學精神醫學系參加為期三天的實習計劃，與不同精神健康的專業人士作深入的交流。        | 網上模式或<br>香港大學精神醫學系                              |
| 4. 學校經驗分享會暨嘉許禮      |                      |  |   |
| 日期                  | 時間                   | 活動內容   | 地點  |
| 2022年8月20日<br>(星期六) | 上午 10 時半<br>至下午 12 時 | 在計劃中表現出色的同學將到香港大學作分享及演出。                                     | 香港大學百周年<br>校園逸夫教學樓                              |

請知悉以上活動安排並於 2022 年 6 月 8 日(星期三)或之前簽回電子通告。如有任何疑問，請致電 2546 0117 與吳家慧老師聯絡。

此致  
各位家長/監護人

校長  
易浩權博士  
(吳家慧老師代行)

二零二二年六月三日