



ST. LOUIS SCHOOL

Circular No. 060 (22-23)

23rd September, 2022

Dear Parents/Guardians,

**Re: Visionary Leaders of Tomorrow Programme for S3 and S4 Students:
Recruitment of Ambassadors for Mindshift Educational Networking Programme**

Our school participated in a programme titled ‘Mindshift Educational Networking Programme’ in the last three years and was awarded the Outstanding Performance Award three times in a row. Credits must be given to our student ambassadors who managed to launch school projects to raise schoolmates’ mental health awareness amid the pandemic.



This year, we are recruiting ten students from Secondary 3 and 4 to join this programme again. Details are as follows:

Title of the programme:	Visionary Leaders of Tomorrow Programme for S3 and S4 Students: Mindshift Educational Networking Programme	
Organising body:	Department of Psychiatry, Li Ka Shing Faculty of Medicine, The University of Hong Kong	
Co-organising bodies:	<ul style="list-style-type: none">• Education Bureau• Early Psychosis Foundation• Hong Kong College of Psychiatrists	
Partner schools:	<ul style="list-style-type: none">• Hotung Secondary School• Canossa College	
Places offered:	10 Secondary 3 and 4 students	
Selection criteria:	Priority will be given to students who play a musical instrument and love singing.	
Persons-in-charge:	Teachers: Miss Chui Lok Ting Angel Miss Li Sheung Yi Miss Ng Kar Wai Vivien	School social worker: Mr Cheng Yik Hei
Fee:	Free of charge	
Awards:	Upon completion of this programme, each student with good performance and full attendance will be rewarded a merit by the school and a certificate of award by the organizing bodies.	

Interested students should read the programme schedule (Annex I is in English and Annex II is in Chinese) and submit the online enrolment form by 28th September, 2022 (Wednesday). Successful applicants will be notified on 29th September (Thursday) and they should submit the signed parent consent form (Annex III) to Ms NG Kar Wai Vivien by 30th September (Friday). For enquiries, please contact the Guidance Mistress, Ms NG Kar Wai Vivien at 2546 0117.

Thank you for your kind attention.




Ms NG Kar Wai Vivien
for Principal

1. Intensive Knowledge and Skills Training Workshops				
Session	Date	Time	Content	Mode
1	22/10/2022 (Saturday)	2:30 p.m. – 5:00 p.m.	*Introduction of different mental disorders *Symptoms of early psychosis *Experience sharing by patient / caregiver	Face-to-Face at St. Louis School and other partner schools (Venues to be confirmed)
2	29/10/2022 (Saturday)	9:30 a.m. – 12:00 p.m.	*Mindset restructuring – management of thoughts and emotions *Relaxation skills – mindfulness concept and practice *Conflict resolution *Music and mental health	
3	5/11/2022 (Saturday)	2:30 p.m. – 5:00 p.m.	*Exercise and cognition – the impact of cognition on mood and FitMind 10 (yoga) *Empathy and communication skills – dos and don'ts (safety and confidentiality) during communication with patients	
2. Music Programme				
a. Music workshops				
Session	Date	Time	Content	Mode
1	19/11/2022 (Saturday)	10:00 a.m. - 11:15 a.m.	Music composition and lyrics writing	Zoom
2		11:30 a.m. - 12:30 p.m.	Songs production	
3		2:00 p.m. – 3:00 p.m.	Music and Mental Health Music-based Intervention	
b. Music Salon (To be held between February and April)				
c. 3 sessions of Song production mentorship (for students who participate in song production)				
Song written and sung by student ambassadors in 2020/2021:				
				
Song written and sung by student ambassadors in 2021/2022:				
				
d. BOMI (Brief Online Music Intervention)				

3. FitMind Volunteer Service in the Community

Session	Date (tentative)	Time	Content	Venue
1	Saturdays between January and May 2023. A total of 6 sessions.	Each session will last for about 1 hour. Exact time to be confirmed.	Students will act as Assistant FitMind Coaches in delivering exercise intervention (yoga) to people with psychosis in the community.	Tbc
2				
3				
4				
5				
6				

4. School Projects

Period	Content	Venue
November 2022 to August 2023	<p>Student Ambassadors will launch two projects to raise schoolmates' mental health awareness. They may scan the QR codes on below and view the presentations of the school projects done by the Ambassadors in the last three years.</p> <div style="text-align: center;">  2019 / 2020 </div> <div style="text-align: center;">  2020/2021 </div> <div style="text-align: center;">  2021/2022 </div>	On campus and on social media platforms

5. Attachment Programme

Period	Time	Content	Places offered
5 consecutive business days in July 2023 (Exact dates to be announced)	9:30 a.m. – 5:00 p.m.	This is an opportunity for students to look into different aspects of the psychiatric field. Students will be exposed to varying aspects of mental health work such as participating in clinical skills training workshops and/or research seminars, engaging in public education activities etc.	A maximum of 2 students per school will be selected based on their performance. Selected students will be notified in May 2023.

6. Experience Sharing cum Award Presentation Ceremony

Date	Time	Content	Venue
19/08/2023 (Saturday)	10:30 a.m. – 12:30 p.m.	Outstanding students and/or school personnel will be invited to share their experiences after participating in the Programme.	To be announced

敬啟者：

Mindshift Educational Networking Programme 思動計劃

貴子弟就讀的學校將參與由香港大學李嘉誠醫學院精神醫學系聯同教育局所舉辦的「思動計劃」。此計劃旨在推廣中學生的精神健康教育，增加他們對精神健康問題，特別是思覺失調的認識。

參與計劃的同學將出席三節技巧訓練工作坊及三節音樂工作坊，深入了解精神健康及學習一些處理壓力和情緒的技巧，內容如下：

技巧訓練工作坊內容：

組別	學校	工作坊 1	工作坊 2	工作坊 3	形式
A	聖類斯中學 嘉諾撒書院 何東中學	22/10/2022 (pm)	29/10/2022 (am)	5/11/2022 (pm)	實體

音樂工作坊內容：

	日子和時間	內容	形式
音樂工作坊 1	19/11/2022 10:00-11:15	歌曲及歌詞創作	Zoom
音樂工作坊 2	19/11/2022 11:30-12:30	音樂製作	Zoom
音樂工作坊 3	19/11/2022 1400-15:00	音樂與精神健康 音樂治療	Zoom

此外，參與計劃的同學將於 2023 年 1 月至 5 月期間參加六節於星期六進行的義工服務，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，每節義工服務時間大約一小時。有關義工服務的安排，我們會稍後通知。

在計劃中表現出色的同學，將有機會於 2023 年 7 月到香港大學精神醫學系參加為期三天的實習計劃，與各精神健康的專業人士作深入的交流。

請於 2022 年 9 月 28 日(星期三) 或之前填妥網上報名表。申請成功的學生須於 9 月 30 日(星期五) 或之前將已填妥的家長同意書交回吳家慧老師辦理。如有任何疑問，可與吳家慧老師聯絡。

此致

各位家長/監護人

香港大學李嘉誠醫學院
精神醫學系系主任及講座教授



陳友凱教授 謹啟

Mindshift Educational Networking Programme 思動計劃 Parent Consent Form 家長同意書

I, the undersigned, certify that I am the parent or legal guardian of _____
(full name of participant) and that I have the legal authority to make decisions for this student.

I have read the details of the Mindshift Educational Networking Programme and I give permission for:

- My child/ward to participate in the training seminars and volunteer service in which my child/ward will be required to travel to different training sites in Hong Kong and incur travel expenses.
- My child/ward to be videotaped, photographed and interviewed for broadcast or publication (including publication in promotional materials, website, and public displays and exhibits). I understand that the Programme will exercise discretion regarding media contact.
- My child/ward to complete all surveys that the Programme deems necessary in evaluating Programme effectiveness.

本人(署名者)證明乃_____ (參加者姓名) 之家長或合法監護人，並對此學生擁有法定決策權力。

本人已細讀「思動計劃」之詳情，並同意：

- 本人子女/受監護者參與訓練講座及義工服務，並繳付交通費用，到本地不同訓練地點。
- 本人子女/受監護者接受攝錄、拍照和訪問，並公開播放或出版（包括用於宣傳品、網站和公眾展示或展覽）。本人明白此計劃會酌情接觸媒體。
- 本人子女/受監護者完成所有問卷調查，以確保能評估計劃成效。

My child/ward fulfils / has yet to fulfil the latest Vaccine Pass requirement. (Please check the appropriate box.)

本人子女/受監護者 合乎 / 還未合乎最新的疫苗通行證要求。(請在方格內打勾。)

本人子女/受監護者

Signature of
parent/guardian:
家長/監護人簽署： _____

Name of
parent/guardian:
家長/監護人姓名： _____

Emergency
contact number:
緊急聯絡電話： _____

Date:
日期： _____