



# ST. LOUIS SCHOOL

Circular No. 078 (23-24)

28<sup>th</sup> September, 2023

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 joint-school programme titled ‘Mindshift Educational Networking Programme’ in the last four years and was awarded the Outstanding Performance Award four 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 twelve students from Secondary 3 and 4 to join this programme. 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"><li>• Education Bureau</li><li>• Early Psychosis Foundation</li><li>• Hong Kong College of Psychiatrists</li></ul>	
Target participants	Students interested in the medical or psychology field in their further studies.	
Places offered:	12 Secondary 3 and 4 students	
Persons-in-charge:	Teachers: Miss Chui Lok Ting Angel Miss Li Sheung Yi Miss Jim Man Yan Miss Ng Kar Wai Vivien Mr Wan Chi Kong	School social workers: Mr Cheng Yik Hei Ms Tang Oi Ying
Fee:	Free of charge	
Awards:	Upon completion of this programme, each student with good performance and attendance will be rewarded a merit by the school and a certificate of award by the organizing bodies. Secondary 4 students’ participation will be included in their Student Learning Profile ( <a href="https://www.edb.gov.hk/en/curriculum-development/curriculum-area/life-wide-learning/slp/content_of_SLP.html">https://www.edb.gov.hk/en/curriculum-development/curriculum-area/life-wide-learning/slp/content_of_SLP.html</a> )	

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 29<sup>th</sup> September, 2023 (Friday). Successful applicants will be notified by 3<sup>rd</sup> October, 2023 (Tuesday) and they should submit the signed parent consent form by 6<sup>th</sup> October, 2023 (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

Schedule of Mindshift Educational Networking Programme (2023/2024)

2023		2024						
Oct	Nov	Jan	Feb	Mar	Apr	May	Jul	Aug
Intensive Mental Health Knowledge and Skills Training Workshops	Music Workshops	FitMind Volunteer Service (Yoga Classes) in the Community					Attachment Programme	Experience Sharing cum Award Presentation Ceremony
			Music Salon					
				Song production mentorship				
				Bombi				
	Art Programme Sessions 1 & 2		Art Programme Sessions 3 & 4					
School Projects								

1. Intensive Mental Health Knowledge and Skills Training Workshops				
Session	Date	Time	Content	Venue
1	7/10/2023 (Saturday)	9:30 a.m. – 12:00 p.m.	*Introduction of different mental disorders *Symptoms of early psychosis *Experience sharing by patient / caregiver	MMLL, St. Louis School
2	21/10/2023 (Saturday)	To be confirmed	*Mindset restructuring – management of thoughts and emotions *Relaxation skills – mindfulness concept and practice *Conflict resolution *Music and mental health	To be confirmed
3	18/11/2023 (Saturday)	9:30 a.m. – 12:00 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	HKU Campus
2. Music Programme				
a. Music workshops				
Session	Date	Time	Content	Mode
1	25/11/2022 (Saturday)	Moring and afternoon sessions, exact time to be confirmed.	Music composition and lyrics writing	Zoom
2			Songs production	
3			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)				
d. BOMI (Brief Online Music Intervention) (optional)				
3. FitMind Volunteer Service (Yoga Classes) in the Community				
Session	Date	Time	Content	Venue
1	Saturdays between January and May 2024. Each session will last for about 1 hour.	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.	To be confirmed
2				
3				
4				
4. Art programme				
Session	Date	Time	Content	
1 & 2	Between January to February 2024	To be confirmed	Art and Personal Growth Workshops	Art Room, St. Louis School
3	Between May to July 2024		Art Appreciation	
4	July 2024		Art Exhibition	HKU Campus

5. School Projects			
Period		Content	Venue
November 2023 to August 2024		Student Ambassadors will launch two projects to raise schoolmates’ mental health awareness.	On campus and on social media platforms
6. Attachment Programme (for participants with outstanding performance only)			
Period	Time	Content	Places offered
8 – 12/7/2024	To be confirmed	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 3 students per school will be selected based on their performance. Selected students will be notified in May 2024.
7. Experience Sharing cum Award Presentation Ceremony			
Date	Time	Content	Venue
17/8/2024 (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.	HKU campus

敬啟者：

Mindshift Educational Networking Programme 思動計劃

貴子弟榮獲就讀學校推薦成為「思動大使」，參加本學年由香港大學李嘉誠醫學院精神醫學系聯同教育局舉辦的優質教育基金主題網絡計劃－大專院校思動計劃(五)，簡稱「思動計劃」，本計劃旨在增加學生及家長對精神健康的知識及推廣，尤其思覺失調的認識。本年度提供的培訓活動如下：

時數	日期	內容	地點/形式
思動大使工作坊（網絡學校聯校活動）			
2.5	7/10/2023（六）	1. 認識精神疾病	聖類斯中學 MMLL 室
2.5	21/10/2023（六）	2. 內心的平靜	待定
2.5	18/11/2023（六）	3. 運動與精神健康	香港大學
思動音樂工作坊（自選活動）			
1	25/11/2023（六）	1. 歌曲及歌詞創作工作坊	Zoom
1		2. 音樂製作工作坊	
1		3. 音樂與精神健康音樂治療工作坊	
思動視覺藝術活動（自選活動）			
2.5 X 2	1-2/2024	個人成長工作坊	待定
2.5	5-7/2024	藝術自療：名家畫作的心理	待定
	7/2024	視藝作品展覽	香港大學或其他場合

思動大使同學將參加四節於週六進行的義工服務，擔任FitMind 助理指導員，協助FitMind 義工教練帶領思覺失調患者進行運動練習，每節約一小時，擬於二零二四年一月至五月期間舉行。

在計劃中表現出色的同學，將獲提名參加為期五天的體驗活動，與從事精神健康的專業人士交流，擬於二零二四年七月在香港大學精神醫學系舉行。

此外，本計劃亦為老師及家長舉辦專題講座，詳情請留意學校通告。

最後，本計劃的「學校經驗分享會暨嘉許禮」將於二零二四年八月十七日(六)在香港大學舉行，教育局及香港大學的嘉賓將親臨為學生頒發獎項，敬請 貴家長一同見證及分享參與本計劃的喜悅。

請於2023年9月29日(星期五) 或之前填妥網上報名表。申請成功的學生將於10月3日(星期二)收到通知並須於10月6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  
臨床醫學學院精神醫學系  
臨床副教授



陳喆煒醫生 謹啟  
二零二三年九月二十二日



## 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。

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

\_\_\_\_\_

Emergency  
contact number:  
緊急聯絡電話：

\_\_\_\_\_

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

\_\_\_\_\_

Date:  
日期：

\_\_\_\_\_

Name of school:

學校名稱：

\_\_\_\_\_