Kwok Tak Seng Catholic Secondary School

2025-26 Report on the One-off Grant on Parent Education (Secondary)

Mental Health of Parents and Students Grant Balance b/f	$176,118.00
Mental Health of Parents and Students Grant Received	$0.00
Total Income	$176,118.00
Less: Expenditure as at 31 August 2026	$69,765.50
Balance c/f	$106,352.50

Our school/ PTA has spent the Grant on the following:

	Area	Actual Expenses ($)
i.	Organising structured or thematic parent education programmes ● Total expenditure on services provided by organisations ● Total expenditure on services provided by individual speakers or experts	$34,800.00
ii.	Designing and producing school-based parent education resources	$9,765.50
iii.	Organising school-based parent education promotional activities relating to the "Positive Parent Campaign"	$25,200.00
iv.	Others (please specify): _____	0
	Total Expenditure	$69,765.50

Evaluation:

To strengthen family connections, support student well-being, and equip parents with practical parenting strategies, the school conducted a comprehensive Parent Education Series. The initiative combined teacher professional development, thematic workshops, interactive parent-child group work, experiential hands-on sessions, and curated self-learning resources. Overall, the activities were well received. Parents appreciated the practical advice, actionable tools, and strong relevance to modern parenting challenges.

Positive Education Workshops

At the core of the parent learning sessions was a series of workshops grounded in Positive Education, centered specifically on Martin Seligman's PERMA model (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) and effective parent-child communication skills. To address pressing modern parenting concerns, a specialized talk on addiction provided crucial insights into recognizing early warning signs, understanding risk factors, and implementing preventive strategies. Parents learned to foster empathy, build resilience, and keep open lines of dialogue on sensitive topics. Feedback indicated that parents valued the clear, practical tools provided to help navigate contemporary adolescent challenges.

Interpersonal Skill Building and Shared Creative Experience

To help families move from theory to practice, the program hosted parent-child parallel groups focused on active listening, emotional regulation, and non-violent communication. Running parallel sessions allowed both age groups to learn complementary skills that they could immediately practice together in a safe, structured setting. In addition, experiential hands-on workshops—such as floral arrangement and tote-bag crafting—offered a relaxed environment for parents and children to bond over creative projects. These activities provided intentional quality time, lowered conversational barriers, and allowed positive interaction to happen naturally.

Sustained Learning and Continuous Growth

To ensure the program's benefits extended beyond live sessions, we purchased a curated selection of recommended positive parenting books for participants. These resources served as self-paced guides, allowing parents to deepen their understanding, reinforce new communication techniques, and revisit strategies as their children grow.

Conclusion and Recommendations

Overall, the feedback shows that the multi-pronged approach met the community's needs. Parents praised the program for its practical relevance, engaging delivery, and warm atmosphere. Moving forward, the school will continue to introduce micro-workshops on emerging topics like academic stress and cultivating healthy mental well-being.