



Jockey Club Project Well-being

賽馬會幸福校園實踐計劃

Dear Principals, Vice Principals, Teachers, School counselling practitioners and Social workers,

Invitation to Jockey Club Project Well-being Closing Conference:
Change-makers for Well-being in Schools

Funded by The Hong Kong Jockey Club Charities Trust, the three-year Jockey Club Project Well-being is a concerted endeavour among the Hong Kong Association of Careers Masters & Guidance Masters Limited (HKACMGM), College of Professional & Continuing Education of Hong Kong Polytechnic University (CPCE), Po Leung Kuk (PLK), Tung Wah Group of Hospitals (TWGHs) and 15 local primary and secondary schools, which aims at developing students' social and emotional skills, positive mindsets and resilience, and cultivating an enabling school culture by place-making, design thinking and other multimedia tools so as to improve well-being in students, teachers and parents. Complementary to the initiative is to construct a well-being resource platform, as well as to co-create an effective, contextualized and sustainable model of positive education.

Jockey Club Project Well-being is about to come to an end, after nearly three years of capacity building and development with partners through an array of innovative initiatives. You are cordially invited to join the Closing Conference, "***Change-makers for Well-being in Schools***" will be held to celebrate and share the fruitful experiences and deliverables from the team and project schools. There would be discussion forums (Part A), exhibitions (Part B) & hand-on experiential workshops (Part C) that will be happening in parallel that day.

I. Conference: Forum (Part A), Exhibitions (Part B) and Workshops (Part C)

Date: 29 Jun, 2023 (THU)

Venue: Hong Kong Productivity Council Building, 78 Tat Chee Avenue, Kowloon Tong, Kowloon (near to MTR Kowloon Tong Station Exit C1 or H)

Time: 09:30 – 17:45

Remarks: Participants attending on-site would be given a Project resource package (See *Appendix 1* for preview)

Time	Event	Facilitator & Speaker
Part A – “Change-makers for Well-being in Schools”		
Mode of delivery: Hybrid (On-site and Live broadcast on Facebook and Project online platform)		
Main stage Discussion Forum with the following sessions:		
09:30 – 10:45	(A1) The Change-makers’ Journey – An overview of the process of promoting well-being in schools through the Project intervention and partnership	Facilitator: Prof. Catherine Chan Ka Ki, Project Consultant Speakers: <ul style="list-style-type: none"> • Dr. Esther Ho Yuk Fan, Project Convenor • Dr. Elaine Chan Sau Wai, Project Convenor • Mr. Chang Hoi Wood, Place-making Project Convenor • Mr. Lee Kwok Ngai, Senior Education Officer (Primary Education), Education Division, TWGHs • Mr. Ha Man Leung, Principal, Po Leung Kuk Ma Kam Ming College
11:00 – 12:15	(A2) A contextualized model of promoting well-being – Evidence-based approach in positive education model building in Hong Kong	Facilitator: Dr. Esther Ho Yuk Fan, Project Convenor Speakers: <ul style="list-style-type: none"> • Prof. Lam Chi Chung, Project Consultant • Prof. Catherine Chan Ka Ki, Project Consultant • Dr. Zhang Jia Hong, Psychological Counselor, Mental Health Education and Counseling Center, Sun Yat Sen University; Honorary Research Associate, Faculty of Education, The University of Hong Kong • Dr. Florence Wu, Project Consultant • Dr. Flora Yu, Guest Tutor, Department of Curriculum and Instruction, The Education University of HK



Time	Event	Facilitator & Speaker
12:15 – 13:30		LUNCH TIME
13:30 – 14:45	(A3) Change-makers: WHO and HOW? – Pivotal roles of leadership for school improvement (a comparative study’s perspective)	Facilitator: Prof. Lam Chi Chung, Project Consultant Speakers: <ul style="list-style-type: none"> Ms. Candice Wong Po Yam, Principal, Po Leung Kuk Chong Kee Ting Primary School Mr. Li Kin Man, Principal, Salesians of Don Bosco Ng Siu Mui Secondary School Ms. Miko Ip Bik Kwan, Vice Principal, S.T.F.A. Lee Kam Primary School Ms. Lam Yuen Ting, Teacher, Po Leung Kuk Lee Shing Pik College Ms. Lau Ching Yi, Teacher, Po Leung Kuk Wu Chung College
15:00 – 16:15	(A4) The Visible Strategies for Well-being in Schools – Highlights of effective and diversified practices among project schools	Facilitator: Principal Gloria Leung Suk Ching, Project Consultant Speakers: <ul style="list-style-type: none"> Dr. Ella Chan Po On, Project Consultant Ms. Chan Mee Ling, Vice Principal, Carmel Alison Lam Foundation Secondary School Ms. Florence Lee Fung Ling, Vice Principal, Po Leung Kuk Wu Chung College Mr. Zeng Wen Jiao, Teacher, Po Leung Kuk Chong Kee Ting Primary School Ms. Ava Lau Lee Kwan, Project SDO
16:30 – 17:45	(A5) Opportunities to make change in times of crisis: Good practices in HK, UK and AU Remarks: This forum session will be conducted in English	Facilitator: Ms. Tabitha Mui Long Sum, Project SDO Speakers: <ul style="list-style-type: none"> Prof. Jessica Deighton, Associate Professor in Child Mental Health and Wellbeing, UCL and Director of EBP, UCL and the Anna Freud Centre Prof. Cheng Kai Ming, Project Consultant Dr. Esther Ho Yuk Fan, Project Convenor Dr. Elaine Chan Sau Wai, Project Convenor Ms. Agnes Fung Nga Sze, Principal, Po Leung Kuk Lee Shing Pik College

Exhibition and Experiential Workshops (in parallel with the forum sessions)

Mode of delivery: On-site

Part B – Exhibitions

Time	Event
09:30 – 17:45	(B1) Place-making Roving Exhibition (B2) Resources Exhibition (Display of tools & 1-min stories sharing on well-being) (B3) Well-being Toy Capsule Machines



Part C – Experiential Workshops		
Time	Workshop 1	Workshop 2
09:30 – 10:45	<p>(C1) Curriculum Tools Taster Session <i>Our Blissful Journey of Positive Discipline, Fulfilling Life in Horticulture – Horticulture and Positive Education, The Art Traveler – Expressive Arts and Positive Education, Well-being Curriculum Toolkit, SEL Resource Package</i></p> <p>Trainer: Ms. Jackie Tang Suk Ying, Project SDO Guest: Mr. Hui Wing San, Teacher, Po Leung Kuk Chong Kee Ting Primary School</p>	<p>(C2) Social Emotional Learning Tools Taster Session <i>Gatekeeping resources, Little Dusty Journal, Unfolding the Dusted Heart, Today's Dusty Guides, Finding the Dusty You, 21 Day Well-being Mission Journal</i></p> <p>Trainer: Ms. Ava Lau Lee Kwan, Project SDO</p>
11:00 – 12:15	<p>(C3) NEW Social Emotional Learning Tools RELEASE & Taster Session <i>Pass My Love to You, Dusty Crossroads - Decisions & Reflections About Life, Emotions Chart + Emotions Meter, Kind & Firm Dusty Quotes - Teachers' Golden Words, Dusty Roundabout – Get to Know Ourselves</i></p> <p>Trainer: Ms. Ava Lau Lee Kwan, Project SDO</p>	<p>(C4) We are under the same sky: Innovations and practices promoting well-being/mental health in the UK</p> <p>Facilitator: Ms. Tabitha Mui Long Sum, Project SDO Speakers: UK schools & Anna Freud Centre Representatives Remarks: This workshop session will be conducted in English</p>
12:15 – 13:30	LUNCH TIME	
13:30 – 14:45	<p>(C5) Place-making Toolkit Taster Session - Campus Detective</p> <p>Trainers:</p> <ul style="list-style-type: none"> Mr. Chang Hoi Wood, Place-making Project Convenor Ms. Jenny Choi Hoi Ki, Place-making Project Manager 	<p>(C6) Social Emotional Learning Tools Taster Session <i>Gatekeeping resources, Little Dusty Journal, Unfolding the Dusted Heart, Today's Dusty Guides, Finding the Dusty You, 21 Day Well-being Mission Journal</i></p> <p>Trainer: Ms. Jackie Tang Suk Ying, Project SDO Guest: Mr. Rap Chan, The Author of Dustykid</p>
15:00 – 16:15	<p>(C7) We are under the same sky: Innovations and practices promoting well-being/mental health in the UK</p> <p>Facilitator: Ms. Tabitha Mui Long Sum, Project SDO Speakers: UK schools & Anna Freud Centre Representatives Remarks: This workshop session will be conducted in English</p>	<p>(C8) NEW Social Emotional Learning Tools RELEASE & Taster Session <i>Pass My Love to You, Dusty Crossroads - Decisions & Reflections About Life, Emotions Chart + Emotions Meter, Kind & Firm Dusty Quotes - Teachers' Golden Words, Dusty Roundabout – Get to Know Ourselves</i></p> <p>Trainer: Ms. Jackie Tang Suk Ying, Project SDO Guest: Mr. Rap Chan, The Author of Dustykid</p>
16:30 – 17:45	<p>(C9) Curriculum Tools Taster Session <i>Our Blissful Journey of Positive Discipline, Fulfilling Life in Horticulture – Horticulture and Positive Education, The Art Traveler – Expressive Arts and Positive Education, Well-being Curriculum Toolkit, SEL Resource Package</i></p> <p>Trainer: Ms. Jackie Tang Suk Ying, Project SDO Guest: Ms. Chan Mee Ling, Vice Principal, Carmel Alison Lam Foundation Secondary School</p>	<p>(C10) Social Emotional Learning Tools Taster Session <i>Find Your Path</i></p> <p>Trainers:</p> <ul style="list-style-type: none"> Ms. Ava Lau Lee Kwan, Project SDO Student Well-being Ambassadors (from project schools)



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II. School Visit and Interflow: The Journey of Promoting Well-being (Part D)

A series of school visit interflow “The Journey of Promoting Well-being” (Part D) will be held. All 15 Project schools will open their campus for guests to visit, school practitioners will share and disseminate good practices and the places developed through the Project and beyond. You may refer to *Appendix 2* for highlights of each Project school.

Date: 30 June, 4 July, 5 July, 6 July, 7 July 2023

Language: Cantonese

Mode: Face to face

Date	Time	Session	School	Address
30 Jun (FRI)	14:30 – 17:30	D1	Po Leung Kuk Ma Kam Ming College	38 Wah Ming Road Fanling N.T. H.K.
4 Jul (TUE)	14:30 – 16:00	D2	Po Leung Kuk Lo Kit Sing (1983) College	Cheung Hong Estate, Tsing Yi, N.T.
	14:30 – 16:30	D3	Salesians of Don Bosco Ng Siu Mui Secondary School	30 Kwai Hop St, Kwai Chung, N.T.
	14:30 – 16:30	D4	TWGHs Tang Shiu Kin Primary School	On Ting Estate, Tuen Mun, N.T.
	14:30 – 16:30	D5	Po Leung Kuk Wu Chung College	Heng On Estate, 1 Hang Kam Street, Ma On Shan, Shatin, N.T.
5 Jul (WED)	14:30 – 16:30	D6	Po Leung Kuk Ho Yuk Ching (1984) College	2 Chap Fuk Road Tseung Kwan O, Kowloon, H.K.
	14:30 – 16:30	D7	TWGHs Sin Chu Wan Primary School	38 Chik Fuk St, Tai Wai, Shatin, N.T.
	14:30 – 16:30	D8	S.K.H. Wei Lun Primary School	Area 13, Discovery Bay, Lantau, N.T., H.K.
	15:00 – 16:30	D9	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	12 Willow St, Tai Kok Tsui, Kowloon, H.K.
6 Jul (THU)	14:30 – 16:30	D10	Po Leung Kuk Horizon East Primary School	No.3, Hing Fu Street, Tuen Mun, N.T.
	14:30 – 16:30	D11	Po Leung Kuk Lee Shing Pik College	12-20, On Yin ST, Tsuen King Circuit, Chai Wan Kok West, Tsuen Wan, N.T.
	14:30 – 17:00	D12	Po Leung Kuk Chong Kee Ting Primary School	Yiu On Estate, Ma On Shan, Shatin, N.T.
7 Jul (FRI)	11:00 – 13:00	D13	Carmel Alison Lam Foundation Secondary School	4 Wah King Hill Road, Kwai Chung, N.T.
	14:30 – 16:30	D14	TWGHs Ko Ho Ning Memorial Primary School	Lai Yiu Estate, Kwai Chung, N.T.
	14:30 – 17:30	D15	STFA Lee Kam Primary School	23 So Kwun Wat Road, Tuen Mun, N.T.

If you are interested in joining the conference/experiential workshops on-site or the school interflow, please sign up via the link below/QR code on or before **12 Jun (Mon)**:

<https://forms.gle/KDLHWdx4464sVPzY9>



Quotas are limited, successful applicants would receive confirmation email on or before **14 Jun (Wed)** on enrolment and collection of resource package. Should you have any questions regarding the programme, please feel free to contact Ms. Natalie Chen via email at nataliechen@jcprojectwellbeing.hk or phone at 3958 7766. Thank you!

Yours Sincerely,

Dr. Esther Ho

Project Convenor, Jockey Club Project Well-being

Jockey Club Project Well-being Deliverables and Resources Brief Overview

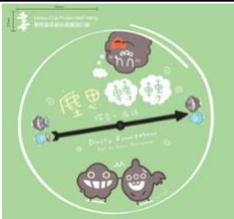
Preview of some NEW release tools (Final version is subject to revision)



Pass My Love to You



*Kind & Firm Dusty
Quotes - Teachers'
Golden Words*



*Dusty Roundabout
– Get to Know
Ourselves*



Emotions Chart + Emotions Meter

Published Tools



*Our Blissful Journey
of Positive Discipline*



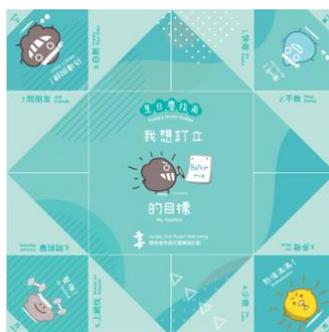
*Fulfilling Life in Horticulture
– Horticulture and Positive
Education*



*The Art Traveler –
Expressive Arts and
Positive Education*



SEL Resource Package



Today's Dusty Guides



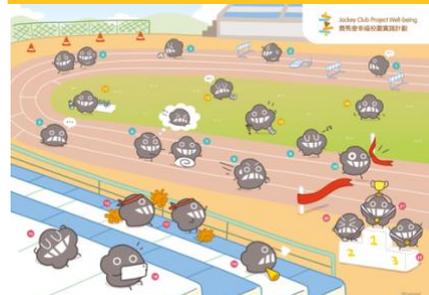
Finding the Dusty You



*21 Day Well-being
Mission Journal*



*Unfolding the Dusted
Heart*



Little Dusty Journal



Find Your Path

Please visit our website for more information of our resources (supplemented with Teachers' Guides): <https://jcprojectwellbeing.hk/educators.php?b#rd>



**Jockey Club Project Well-being
Highlights of 15 Project Schools**

Session	School	Highlights of well-being strategies	Place-making (not all photos of place-making sites are shown here)
D1	Po Leung Kuk Ma Kam Ming College	<p>Adopt whole school and holistic approach (co-create, co-develop and co-manage) to increase students' and teachers' sense of belonging to the school, including but not limited to:</p> <ul style="list-style-type: none"> • POMA Garden Designer • POMA forum • Student Union • Discipline Committee • Promoting Sleep Well and Mentality Well • Co-curricular Activities • "Well-being Carnival" 	<p>POasis</p> 
D2	Po Leung Kuk Lo Kit Sing (1983) College	<ul style="list-style-type: none"> • Create a positive learning environment, e.g. building the Love and Hope Centre • Promote mindfulness such as launching the '3-minute Breathing Space Practice' during the morning assembly on every school day • Organise various positive activities to cultivate students' sense of caring, e.g. We Support You DSE Fighters 	<p>Love & Hope Centre</p> 
D3	Salesians of Don Bosco Ng Siu Mui Secondary School	<ul style="list-style-type: none"> • Whole-school approach: Redesigning OLE into WLE (Well-being Learning Experience) to promote the importance of holistic health • Life Education through the Cat Carer Training Programme to promote well-being, responsibility, self-efficacy and sense of belonging to school 	<p>Soul Suite</p> 

Appendix 2

Session	School	Highlights of well-being strategies	Place-making (not all photos of place-making sites are shown here)
D4	TWGHs Tang Shiu Kin Primary School	<p>Actively promoting positive education, we hope to help students learn to regulate their emotions and emphasis on building relationships with peers through various activities.</p> <ul style="list-style-type: none"> • The classroom has been transformed into a peaceful and calming "Harmony Space" with soft cushions, allowing students to sit comfortably and practice mindfulness. • Integrative school-based moral and civic education curriculum. • Positive Parent-School Collaboration program - allowing parents and students to participate in creating Art Wall and enhancing a sense of belonging. • "LBD (Learning By Doing)" curriculum 	<p>Fun-Fun Corridor/PTA Shared Zone/Harmony Space</p> 
D5	Po Leung Kuk Wu Chung College	<p>Using 24 character strengths as a starting point, our school hopes all WuChungers, including students, parents and staff members, can embrace a sense of well-being.</p> <p>Strategy highlights include:</p> <ol style="list-style-type: none"> 1. Using the PERMAH positive education model as the themes of each of the seven campus floors. 2. Well-being Hub being the base of activities for promoting well-being of WuChungers', for example, board games, mindfulness activities and the like. 3. A whole-school approach to cultivate a growth mindset. Through serving others, students are able to discover and develop their character strengths. 4. Parents' participation in activities which strengthen bonding with Wuchungers. 	<p>Well being HUB</p> 

Appendix 2

Session	School	Highlights of well-being strategies	Place-making (not all photos of place-making sites are shown here)
D6	Po Leung Kuk Ho Yuk Ching (1984) College	<p>With the theme 'Be a better me', we wholeheartedly cultivate students to uphold positive values and attitudes, and lead by example in practicing values and attitudes in daily lives.</p> <p>'Be a better me': A Grateful Heart 'Be a better me': My Life Jar 'Be a better me': SuperPass</p> <ul style="list-style-type: none"> • Mindfulness: Monday 3-min Mindfulness Practice, Mindfulness lunch group, Mindful tea drinking, Mindfulness tuning fork workshop • Gardening: The Great Potato Growing Competition, The Plant Clinic • Art: Zentangle drawing, coffee painting, Pastel Nagomi Art, 'Calm-down', glitter jar, diffuser stone, Omamori 	<p>We-Zone/1984 Garden</p> 
D7	TWGHs Sin Chu Wan Primary School	<ul style="list-style-type: none"> • Game-based learning: Fun and effective way for students to learn and communicate with others • Strength-based approach: Focus on students' strengths • Reflection and Appreciation: Learn to be grateful • Resilience and Problem-solving: Foster students to become healthy, happy and independent individuals 	<p>Merry-Go-Play</p> 
D8	S.K.H. Wei Lun Primary School	<p>The 'Sunshine Kids Zone' area extends the core values of Clover, and develops different learning areas including the 'Prayer Corner' and 'Joy Planting Project', allowing students to experience relevant positive values through participation in diverse activities. Other features include:</p> <ul style="list-style-type: none"> • Appreciating You for a Minute • Positive Classroom Management • Clover Star Reward Program • "Star Show" 	<p>Zone Sunkids Garden</p> 

Appendix 2

Session	School	Highlights of well-being strategies	Place-making (not all photos of place-making sites are shown here)
D9	Po Leung Kuk Vicwood K. T. Chong Sixth Form College	<ul style="list-style-type: none"> • Tea room. Meditate for peaceful mind • Student workshops, including mindful breathing, mindful walking, other mindfulness practice and tea tasting • Teacher workshop, including emotion education, mindfulness • Co-creating Rooftop Wellbeing Garden and Mindful Corridor (teachers and students laying outdoor wooden tiles together) for mindful walking and other mindfulness exercise 	<p>Tea Room/Rooftop Well-being Garden</p> 
D10	Po Leung Kuk Horizon East Primary School	<p>Design diversified learning activities to enhance students' sense of positive achievement To promote positive emotions, sense of achievement and interpersonal relationships, for example:</p> <ul style="list-style-type: none"> • Professional Development Trainings • Growth mindset workshops • Expressive arts activities • Responsive classroom management • Goal Setting Week <p>And more...</p>	<p>Positive Shining Icon/Joyful Hub</p> 
D11	Po Leung Kuk Lee Shing Pik College	<ul style="list-style-type: none"> • Placemaking site: wellness hub for mindfulness, music therapy and expressive arts therapy • Regular well-being activities • Teacher/student/parent workshop: growth mindset, mindfulness, music therapy and expressive arts therapy, character strengths, positive psychology • Secondary one positive education curriculum • 21-day well-being journey • Well-being fiesta 	<p>Wellness Hub</p> 

Appendix 2

Session	School	Highlights of well-being strategies	Place-making (not all photos of place-making sites are shown here)
D12	Po Leung Kuk Chong Kee Ting Primary School	<p>Implementation of positive education strategies in whole school approach via:</p> <ul style="list-style-type: none"> Professional Development Training Foster a positive atmosphere on campus <p>Teaching and Application:</p> <ul style="list-style-type: none"> Develop students' growth mindset and sense of accomplishment through Diverse Learning Programme Enhance positive emotions through mindfulness practices Integrate horticultural therapy and life education to promote well-being of students Through Health Education, help students establish healthy habits 	<p>Well-Being Hub / C.K.T Zone</p> 
D13	Carmel Alison Lam Foundation Secondary School	<ol style="list-style-type: none"> Positive Education Curriculum (ASP): With an experiential learning curriculum, students were given various opportunities to develop their social-emotional literacy and promote their well-being, e.g., an inquiry unit on promoting well-being and the "Magic Cards for the 40-Day Challenge", "Shadowing the School Janitors", "Buddies not Bullies", "Campus Tour Guide Programme". Place-making (beyond the JCWB's initiative): <ul style="list-style-type: none"> Students actively engaged in the co-creation process, e.g., S.1 notice-board design, "My Valley", "Co5tation", 40Th Anniversary place-making items, "3R" wall painting @positive coaching. Teacher well-being hub Team Café and students' sharing of their learning journey and outcomes: This was an initiative integrating positive education with context-based learning. <p>*School-based Souvenirs for attendees: Magic Cards for the 40-Day Challenge (designed by S1 students)</p>	<p>My Valley</p> 

Appendix 2

Session	School	Highlights of well-being strategies	Place-making (not all photos of place-making sites are shown here)
D14	TWGHs Ko Ho Ning Memorial Primary School	<ul style="list-style-type: none"> Place-making and mural creation, with whole school participation, to promote a sense of belonging and happiness Organize workshops for teachers, students and parents on topics of character strengths, growth thinking, mindfulness, art therapy and positive psychology etc. Combine with school-based activities such as Super-Kids Award Scheme and Achievement Stage to enhance students' sense of achievement 	<p>Spiritual Home</p>  <p>(Available Soon)</p>
D15	STFA Lee Kam Primary School	<p>Sharing our experience of implementing positive education through a school-wide approach to enhance students' learning abilities and promote their wellbeing:</p> <ul style="list-style-type: none"> Positive environment: We promote positive education and create a positive atmosphere through different installation and place-making. Positive classroom management: We cultivate a positive, caring, and supportive culture to facilitate students' holistic development. Positive Super+ curriculum: We integrate and optimize the existing moral and civic education curriculum, incorporating positive, life education, social-emotional learning, and mental health elements to design school-based Super+ courses. 	<p>SUPER+ CANTEEN</p> 