

Education Bureau organises Mental Health Fun Day

The Education Bureau (EDB) organised a Mental Health Fun Day at Ocean Park Hong Kong today (March 7) to promote mental health awareness among students. The event had the participation of and received support from the Department of Health, the Advisory Committee on Mental Health (ACMH) and the "Shall We Talk" Initiative.

The Fun Day enabled students to understand the lives and characteristics of different animals through participating in exploratory activities organised by Ocean Park Hong Kong to experience the four key elements of the 4Rs Mental Health Charter (4Rs Charter) – Rest, Relaxation, Relationship, and Resilience.

Speaking at the opening ceremony, the Secretary for Education, Dr Choi Yuk-lin, said that the purpose of implementing the 4Rs Charter is to help students develop healthy habits, foster a healthy culture in schools and comprehensively enhance the mental health of students, school staff and parents. Currently, more than 650 schools have joined the 4Rs Charter, demonstrating the support and commitment of the school sector in nurturing students' physical and psychological well-being.

She said that the EDB will continue to optimise the school curriculum and implement various student growth programmes, helping students develop positive values and enhance resilience. Meanwhile, the EDB will provide schools with more resources and professional support as well as arrange non-governmental organisations to conduct various mental health activities at schools with a view to strengthening the promotion of students' mental health in schools.

At the opening ceremony, Dr Choi; the Chairman of the ACMH, Dr Lam Ching-choi; the Director of Health, Dr Ronald Lam; and the Chief Executive of the Ocean Park Corporation, Mr Ivan Wong, together with the mascots of Ocean Park Hong Kong, Whiskers and Bao Bao, and other guests, relaxed their body and mind and relieved stress through stretching exercises. In addition, among the other guests in attendance at the opening ceremony were representatives of school councils and school heads' associations of primary and secondary schools, the principals from schools participating in the 4Rs Charter, as well as partner organisations of the 4Rs Charter, joining hands to enhance students' physical and psychological well-being.

The Fun Day featured eight checkpoints where students could learn tips about sleep and rest. Through learning about animals' characteristics, they could also experience how to relax and release emotions through their five senses. Students worked in groups to complete different problem-solving tasks, fostering teamwork among peers, understanding the importance of building emotional connections with those around them as well as experiencing the benefits of positive attitudes and applying strategies, thereby

developing their resilience.

The EDB appeals to all schools in the territory to join the 4Rs Charter, instil a sense of well-being in students' everyday lives, and work together for their healthy development. The EDB will continue to strengthen the synergy through cross-departmental and cross-sector collaboration to help schools utilise external and community resources for promoting students' mental health.

Details of the 4Rs Mental Health Charter are set out in the EDB Circular Memorandum No. 60/2024

(applications.edb.gov.hk/circular/upload/EDBCM/EDBCM24060E.pdf) and the 4Rs Mental Health Charter designated webpage

(mentalhealth.edb.gov.hk/tc/promotion-at-the-universal-level/promotional-resources-for-schools/121.html).