

Mindshift+ Educational Programme

Report

Name of School:	Sha Tin Government Secondary School
Name of Teacher in charge:	Mak Hau Ming
Name of Student Ambassador:	Chan Hiu Man, Yu Hoi Laam, Yu Hoi Wing, Tang Ho Yiu , Cheung Ting Fai, Cheng Ngar Man, Wai Sheung Sheung, Ho Cheuk Ting, Lee Choi Hei, Wong Hau Yin

1. Project One	
Project Name:	Introduction of Mindful Eating
Date / Period:	24 Oct 2018
Time:	1:30 p.m. – 2:10 p.m.
Target:	S1 students
Aim:	Students are able to understand mindfulness. Students are able to learn mindful eating as a way to relax.

Planning Milestones:

Task	Schedule	Person in charge
Lesson Plan	8 Oct 2018	Yu Hoi Laam
PowerPoint	15 Oct 2018	Chan Hiu Man
Rehearsal	20 Oct 2018	Yu Hoi Wing

Promotion (how to invite other students / teachers to join):

Since the project was held during the class teacher period, promotion was not necessary. S1 class teachers were informed in advance of the topic of mindful eating and students were asked to stay in their classroom for our Mindshift ambassadors. Class teachers were invited to join the mindful eating activities and give help in case discipline problems arise.

Implementation:

- Content (activities provided, e.g. booth games, micro-films, etc):

First the Mindshift ambassadors used a PowerPoint presentation to introduce what stress is and how students can cope with stress. Then, ambassadors demonstrated the proper way of mindful eating. After distribution of a chocolate to each student in the class, all of them experienced mindful eating step by step with the instructions given by our ambassadors.

- Photos:



Evaluation:

- Number of participants: 138

Students paid good attention to the ambassadors and most of them find the activity of mindful eating very interesting and useful. Teachers who also participated claimed that the duration and pace of the activity was suitable and the content prepared was easy to understand. The performance of our ambassadors was commendable.

Sustainability (how to maintain the programme in long run):

Next year, most ambassadors will be in S5 and they can still carry out the activity mentioned above if a class period time slot is granted to our team. The materials were all ready. The only variable will be the availability of time slot next year. However, if without successors from junior forms, it will be difficult to carry out the same activity again 2 years later as all of the current ambassadors will be in S6, who will focus more on academic aspects and may not be the leaders of any groups.

2. Project Two	
Project Name:	Mindshift+ Education Week
Date / Period:	8 Nov – 14 Nov 2018
Time:	Recess and /or lunch
Target:	Students of all levels
Aim:	Students are able to understand about the presence of stress is normal and how to cope with stress. Students are able to aware of their stress level and their sources of stress Students are able to know some ways to relieve their stress.

Planning Milestones:

Task	Schedule	Person in charge
Board Preparation	7 Nov 2018	Chan Hiu Man
Floral tea (purchasing tea, paper cups and borrowing thermos flasks)	9 Nov 2018	Wai Sheung Sheung Kayla, Tang Ho Yiu, Cheng Nga Man, Cheung Ting Fai, Ho Cheuk Ting
Game booths	12 Nov 2018	Yu Hoi Laam, Yu Hoi Wing
Collaborate with social workers from YWCA on the survey on stress level	12 Nov 2018	Lee Tsoi Hei, Wong Hau Yin

Promotion (how to invite other students / teachers to join):

A bulletin board was displayed at the school entrance to let all students know about the events of Mindshift+ Education Week. Three students of our group used the P.A. system to promote all the activities to all students.

Implementation:

- Content (activities provided, e.g. booth games, micro-films, etc):

- Board Display (8 Nov – 14 Nov 2018)

A board showing Diathesis Stress Model and the importance of stress to students was placed in the foyer of our school during the whole week. The QR code of the Mindshift+ blog of our school was also put up on the board for students to know more about the education programme. The contents in the blog are mainly related to mindfulness and how to cope with stress.

- Floral tea time (12 Nov 2018)

Floral tea were prepared and served by our Mindshift+ ambassadors during recess. Both teachers and students were welcomed to have a relaxing time with a cup of floral tea. Principal, Vice-Principals, teachers and students had a chance to chat with each other in a relaxing environment.

- Game booths and Stress Level Survey (in collaboration with YWCA social workers, 13 Nov 2018)

Two game booths were set up for students to promote healthy body and healthy mind. One game booth was related to the information of the board focusing on importance of stress, while the other was designed to let students know the benefits of doing physical exercises.

Some of our Mindshift+ ambassadors also helped to conduct a simple survey on the stress level of each participant. Then the social workers from YWCA talked with the participants by analyzing the stress level and gave suggestions to the participants on coping with the stressed situation.

Students who participated in the games and the survey were given stamps on their stamp collection tickets. Prizes were given to those who had completed both games and the survey.

- Photos:





Evaluation:

- Number of participants: more than 50

The number of participants was lower than the number we expected. The reason was that there were 2 more activities held in the same period as our Mindshift+ Education Week. Some S1 students were having their tutorial lessons at that time. Therefore, number of students who were free to join the activities in lunch time was greatly reduced. However, those who participated in the game booths and the survey found that the theme of our education week was clear. The participants realized their stress level and got some ways to cope with it. The social workers praised our ambassadors for their initiative and eagerness to offer help.

The floral tea was popular that the Principal, teachers and students would like to drink more. However, the recess time was short and we ran out of paper cups towards the end of the activity. Most teachers claimed that November was a busy and stressful month for both teachers and students. Providing floral tea for releasing pressure was a good idea. More types of floral teas can be prepared and more cups should be prepared so that more students and teachers would be able to try the tea.

Sustainability (how to maintain the programme in long run):

Next year, most ambassadors will be in S5 and they can still carry out the activity mentioned above if a time slot is granted to our team. Recruitment of new members to carry out the above activities should be carried out in early September. Old ambassadors should give briefing sessions to new ambassadors in order to sustain the programme. If possible, old ambassadors should introduce the Fitmind exercise to the new ambassadors so that they will be able to promote the exercise in the future.