



Dear Parents
各位家長：

The Arrangement of "Mental Health Day @ CWGC"
有關「校園精神健康日」安排

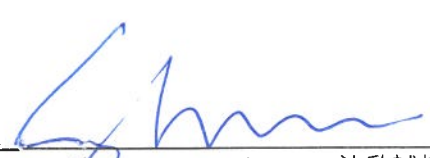
To further enhance students' understanding of mental health, our school will be organising a "Mental Health Day" on 29 November 2023 (Wed). On that day, in addition to regular classes, there will be a series of special activities as listed in the table below. Furthermore, to strengthen parental support for children, parents are strongly encouraged to register the specific online parent seminars organised by the Education Bureau, which will be held on 22 November 2023 (Wed) from 7 – 9 pm. Please register via <https://forms.gle/NMvX9kbiP7965rat5> by 17 November 2023 (Fri). For enquiries, kindly contact the general office at 2604 9762. Thank you for your attention

1.	Cheer-up Recharging Station 身心加油站	Students will have the opportunity to uplift and support each other. 讓同學通過關懷行動互相打氣和支持。
2.	Food Stalls for Happy Eating 食得開心攤位	Students will have the chance learn about stress-relieving dietary methods. 讓同學認識減壓的飲食方式。
3.	Joyful Reading Book Fair 快樂閱讀書展	Students can explore stress-reducing strategies through reading. 讓同學通過閱讀探索減壓策略。
4.	Tokens of Care 小禮物、添關懷	Teachers will give students small gifts to ensure they feel cared for and supported. 老師為同學送上小禮物，使他們感受到關愛和支持。
5.	Adding Colors to Uniforms 校服添色彩	Students may wear different colored jackets and socks according to their mood, even opting for mismatched colors. 同學可隨心情穿著不同顏色的外套和襪子（鴛鴦顏色亦可）。
6.	Homework-Free Day 無功課日	Teachers will not assign any homework, allowing students to truly relax for half a day and free up time to engage in positive activities such as exercise, having lunch with peers, and more. 當天老師不會給予任何功課，讓同學可以真正放鬆半天，騰出時間參與正向的活動，例如運動、跟同儕一起午餐等。

為進一步提升學生對精神健康的認識，本校將於 2023 年 11 月 29 日（三）舉辦「校園精神健康日」。除了正常課堂外，當天還將有一系列特別活動，詳情可參閱上表。此外，為加強家長對子女的支援，教育局將於 11 月 22 日（三）晚上 7 時至 9 時舉辦網上家長講座，家長可於 11 月 17 日（五）前登入連結報名參加 <https://forms.gle/NMvX9kbiP7965rat5>。如有任何疑問，可致電 2604 9762 與校務處職員聯絡。

Christian Alliance Cheng Wing Gee College
宣道會鄭榮之中學




Shum Kai Shing, Principal 沈啟誠校長
15 November 2023 2023 年 11 月 15 日