

“The Adventures of DoReMiFa” Mental Health Promotion Programme in Primary School

Note for Collaborating Schools

Programme and Time required:

Item		Remarks
Programme duration	About 4 months	- It is preferable to carry out the programme in 4 consecutive months
Web-based learning	11 e-lessons	- Each session lasts for about 20 minutes - Students shall complete the lessons in the designated period
School-based learning	8 lessons (about 2 lessons per month)	- Start after the completion of corresponding web-based lessons - Conduct in classrooms of the participating class
Lesson Duration	35-45 minutes/lesson	- Lessons are conducted during school time or to arrange alternative class time
Programme instructor	School teachers, social workers or school counselors	- All responsible instructors will have to attend training seminars arranged by the Centre before programme implementation in schools
Programme materials	Teacher and student manual, activity cards and parent booklet	- Each teacher will be given a teacher manual and activity card boxset - Each student will be given a student manual and parent booklet - All materials are limited and subject to availability
Programme evaluation	3 questionnaires and one post-programme focus group	- Questionnaires will be administered to students - Students will be asked to complete the questionnaires before and after the programme, and also 6-month after programme implementation - School computer rooms may be needed for completing online questionnaire - Post-programme focus groups will be held to understand the feedback from teachers and students



Support prior to programme implementation and support for research:

1. Please provide students' basic information in order to set up personalized learning accounts and arrange programme materials.
2. The target group of this programme are students from P4 and P5. To support the evaluation study on programme effectiveness, we hope participating schools could arrange P4 and P5 students to join the programme at different phases.

Support from teachers:

1. Each homeroom teacher or responsible teacher will facilitate students to complete all 3 questionnaires.
2. Homeroom teachers or responsible teachers will be given a management account, to keep track of students' progress and encourage them to complete all e-lessons.
3. All responsible teachers are expected to attend training workshops of the programme for better understanding of the purpose and content of the programme, and to facilitate teachers to deliver and sustain the programme in schools.



Enrollment Form (School)

Remarks:

Schools are agreed to the Centre's programme arrangement after completing the enrollment form.

If you are interested in this programme, please fill in the following information and return the enrollment form to the Centre. We will contact you for further details of participations.

Thank you!

(email: phoebehlc@hku.hk Tel: 2831 5229 Fax: 2549 7161)

Name of School: _____

School address: _____

Participating year and number of students: Primary 4: _____ Class x _____ Students = _____
 Primary 5: _____ Class x _____ Students = _____

Programme initiation: September, 2016 January, 2017
 Other: _____

Name of contact person: _____

Contact number: _____

Email address: _____

Date: _____