

## EDUCATION BUREAU CIRCULAR MEMORANDUM No. 143/2022

From: Secretary for Education  
Ref: EDB(EPSK1)/1-50/1  
Date: 23 August 2022

To: Heads of primary and secondary schools  
(including special schools)  
c.c. Heads of sections – for information

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### **Home-school Co-operation in the New School Year**

#### **Summary**

This circular memorandum informs primary and secondary schools (including special schools) of the initiatives in place to help students settle in to the new school year. Schools are urged to deliver these initiatives and encourage the active participation of all stakeholders (including teachers, parents and students). This circular memorandum should be read in conjunction with the Education Bureau (EDB) Circular Memorandum No. 130/2022 on “Love and Care in Schools in the New School Year”.

#### **Background**

2. As the new school year begins, students are faced with changes and challenges. Feeling stressed or perplexed, some of them may need support from teachers, parents and peers. At the start of the school year, schools are advised not to rush to catch up on the curriculum, but to first help students gradually adjust themselves to classroom learning. Schools should also provide students with training on social skills through a variety of class-based and grade-based activities that help them build friendships, enhance their sense of connectedness with schools, teachers and peers, and develop a greater sense of belonging. To this end, all primary and secondary schools are urged to promote students’ mental health by organising activities under the “Start the New School Year Full of Energy” Campaign in the first two weeks of this September. School may make use of the “Start the Day Full of Energy” cheer-up cards and other relevant resources in organising the activities. Moreover, we support parents by providing them with some useful tips and an e-reminder. It is hoped that through home-school co-operation, schools can work with parents to create a positive and caring atmosphere and provide a stronger safety net for students.

#### **Details**

##### **(1) “Start the New School Year Full of Energy” Campaign**

3. The EDB has prepared “Start the Day Full of Energy” cheer-up cards for every student. In the first two weeks of the new school year, schools may organise class-based, grade-based or whole-school activities under the “Start the New School Year Full of Energy” Campaign by making use of the cheer-up cards and other relevant resources, with a view to strengthening students’ sense of

connectedness with schools, teachers and peers, as well as creating a caring and supportive atmosphere on campus. For suggested activities under the “Start the New School Year Full of Energy” Campaign and the guide for using the cheer-up cards, please refer to **Annex 1**. Please complete the Collection Form (**Annex 2**) and collect the cheer-up cards from the Educational Psychology Service (Kowloon 1) Section of the EDB from 29 to 31 August 2022.

## **(2) “Open Up - Time-limited Support Platform for the New School Year”**

4. When students are experiencing mental distress and in need of help, they can tap into community resources and contact helplines in addition to seeking appropriate emotional and psychological support from guidance teachers, school social workers and school-based educational psychologists. In collaboration with “Open Up” ([www.openup.hk](http://www.openup.hk)), the Hong Kong Jockey Club’s online platform on youth emotional support, a 24-hour “Open Up - Time-limited Support Platform for the New School Year” will be launched (including a contact number (9101 2012) and other social media platforms) from 25 August to 30 September 2022. Funded by the Hong Kong Jockey Club Charities Trust and co-organised with the Hong Kong Jockey Club Centre for Suicide Research and Prevention of the University of Hong Kong, Open Up is a service jointly operated by the Boys’ & Girls’ Clubs Association of Hong Kong, Caritas Hong Kong, the Hong Kong Federation of Youth Groups, St. James’ Settlement and Hong Kong Children & Youth Services. Through social media and different messaging tools, it serves to support students who may experience emotional distress arising from adjustment issues when the new school year commences. The e-poster for the “Open Up - Time-limited Support Platform for the New School Year” can be downloaded via the link or QR code below. Schools are encouraged to disseminate the information to students and parents on their school intranets or websites.

<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/student-zone/79.html>

(Chinese version only)



## **(3) Useful Tips and an e-Reminder for Parents**

5. Parents are the key protectors of their children. To help parents understand the needs of their children in settling in to the new school year, the EDB has provided useful tips and an e-reminder on “Home-school Co-operation in the New School Year”, which contains information on the “Open Up - Time-limited Support Platform for the New School Year”, to help parents find appropriate ways to support their children in embracing the new school year. Downloads are available via the link or QR code below. Schools are encouraged to disseminate the information to parents on their school intranets or websites.

<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/78.html>

(Chinese version only)



## **Enquiries**

6. For enquiries, please contact Ms Mandy YEUNG of the Education Psychology Service (Kowloon 1) Section on 3698 4311.

Ms YY SO  
for Secretary for Education

Annex 1: “Start the New School Year Full of Energy” Campaign

Annex 2: “Start the Day Full of Energy” Cheer-up Cards – Collection Form

## **“Start the New School Year Full of Energy” Campaign**

### **1. Introduction**

As the new school year begins, students are faced with changes and challenges. Feeling stressed or perplexed, some of them may need support from teachers, parents and peers. To this end, all primary and secondary schools are advised to make good use of the “Start the Day Full of Energy” cheer-up cards and other relevant resources in organising activities under the “Start the New School Year Full of Energy” Campaign at the start of the school year so as to create a caring and supportive atmosphere on campus.

### **2. Implementation period**

Activities can be held at class teacher periods and morning assemblies during the first two weeks of the 2022/23 school year (i.e. 1 to 9 September 2022).

### **3. Suggested activities**

Suggested activities under the “Start the School Year Full of Energy” Campaign are listed below. Schools may, in light of their own needs, refine these suggestions as class-based, grade-based or whole-school activities.

#### **(1) My motto**

Students may write encouraging words on the cheer-up cards and keep them in their handbooks as their motto for the new school year. Teachers may invite students to share their motto, coupled with recognition and encouragement.

*Guiding questions:*

1. Are you looking for encouragement in social relationship, schoolwork, family relationship or other areas?
2. In what difficult situations would you read the cheer-up card?

*Rationale:*

When students encounter difficulties during the new school year, they can read the cheer-up card which serves as a reminder to help them clear their minds and encourage them to stay positive in challenging times.

#### **(2) Share my thoughts**

After students write down what they find upsetting/perplexing/challenging on the cheer-up cards, teachers may ask them to close their eyes and imagine what they would do to soothe their good friends if those things also bother them.

*Guiding questions:*

1. Did you ever try to understand and address your own negative emotions? How did you feel at that time?
2. Did you ever talk to someone about your struggles? How did you feel afterwards?

*Rationale:*

Caring for oneself in the same way that one would care for a good friend or talking about one's struggles can help soothe one's mind, and sharing thoughts with others can foster mutual trust. Students will learn to take care of themselves and release their negative emotions through this activity. Teachers may, if appropriate, encourage students to give their cheer-up cards to or share what they have written with someone they trust in order to raise their awareness of early help-seeking.

### **(3) Be thankful for three things**

Ask students to write three things to be thankful for on the cheer-up cards to show thankfulness for the hygge moments (i.e. when simple things in life bring them joy and happiness), such as when someone prepares a breakfast or opens a door for them, lends them a pen or pays them a compliment. By asking students to share these moments in the activity, they can practise gratefulness and appreciate kindness in others, which will in turn make them happier.

*Guiding questions:*

1. Try to find an occasion that makes you feel happy?
2. Did someone give you a helping hand today? Is there anyone you want to thank today?

*Rationale:*

There are things in daily life which may seem ordinary (e.g. family members doing household chores), but should not be taken for granted. Students will learn to see the world with a grateful heart and embrace the good in life through this activity.

### **(4) Exchange cheer-up cards**

Students may write something substantial and positive on the cheer-up cards for the classmate sitting next to them. Teachers may then invite students to read out the messages to the classmate and exchange their cards. Alternatively, the cheer-up messages can be posted on the classroom bulletin board. Through sincere exchange and sharing, students will learn to support and understand each other, thereby creating a culture of mutual trust and friendliness in class.

*Guiding questions:*

1. How did you feel when you encouraged others?
2. How did you feel when you were given encouragement just now?

*Rationale:*

Words of encouragement are uplifting. In this activity, students will learn to encourage their peers and build a good rapport among themselves to achieve mutual support.

### **(5) Vote for cheer-up message of the year**

To make the most of the slogans on the cheer-up cards, teachers may ask students to vote for their favourite ones and post the most voted one on the classroom bulletin board as the class motto of the year. To enhance the sense of connectedness among students in class, teachers may encourage them to work together to create their own class motto.

*Guiding questions:*

1. In what ways are you inspired by the cheer-up message?
2. When will the cheer-up message come in handy?

*Rationale:*

When faced with challenges, students may cheer themselves and their peers up by reading the class motto on the bulletin board.

### **(6) Set up the “Full of Energy” bulletin board**

Using “Full of Energy” as the theme, students may draw something, such as a smiling face, a place or an object, on paper and in colour, then cut it out. Alternatively, they may make handprint art by simply stamping handprints or painting on handprints to create animals, plants, cartoon characters, and so on. Teachers should emphasise that an artwork need not be perfect, and let students understand that all they have to do is to focus on their movements and feelings at the moment, as well as the composition and colours of the drawing. When having fun in the process, students will feel relaxed and relieved. They may post their artwork on the board and add a title (e.g. the class motto voted by students) as a final touch to the “Full of Energy” bulletin board of the class.

*Guiding questions:*

1. What does it mean by “Full of Energy”? How is your artwork related to it?
2. Which classmate’s artwork do you like most?

*Rationale:*

When concentrating on something enjoyable, one will be fully engaged and end up feeling satisfied. Every student is unique and so is their artwork although they take the same theme of “Full of Energy”. Through this activity, students can enjoy the process, regulate their emotions, and understand that happiness is about living life to the fullest. Moreover, students will learn to respect individuality and accommodate each other. They will have a stronger sense of connectedness with the class in a way that they will explicitly identify themselves as one of the class members.

### **(7) Arrange the “Full of Energy” morning assemblies**

Teachers/students may be invited to share their favourite “Start the Day Full of Energy” slogans and their positive experience (e.g. those of hopefulness, gratitude, kindness) at morning assemblies. Examples of topics are: “A lesson learnt from a failed attempt”, “My close friend”, “My experience of getting a helping hand”, “Living with gratitude” and “How I care for myself”.

*Guiding questions:*

1. Which part of the sharing struck the biggest chord with you? How are you inspired?
2. What would you like to talk about if you are to share your thoughts?

*Rationale:*

Everyone has their own story. Experience sharing will get people to understand and learn from each other. Schools may introduce and promote to students different concepts of positivity through this activity, and encourage them to apply the concepts to daily life by sharing with others their positive experience every day, so as to keep nurturing positive thinking.

**(8) Set up the “Full of Energy” goodwill corner**

Display boards may be set up in playground where teachers and students can write goodwill messages on the cheer-up cards provided and post them on the boards during recess time. Teachers and students may be invited to read out the goodwill messages over the school’s public address system.

*Guiding questions:*

1. To whom would you write your goodwill message? What would you thank them for?
2. Which of the cheer-up cards posted struck the biggest chord with you? How are you inspired?

*Rationale:*

The school is a place for everyone in it. Let us encourage more people around us to create a positive and caring atmosphere on campus and enjoy school life every day.

**4. Download the resources**

Apart from distributing the “Start the Day Full of Energy” cheer-up cards prepared by the EDB to every student, schools are encouraged to make good use of other resources available in the “Start the Day Full of Energy” Resource Download Area, such as e-posters (which can be posted in classrooms, corridors, etc.) and PowerPoint slides (which can be displayed on electronic bulletin boards/electronic screens) to create a caring and supportive atmosphere on campus.

<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/promotional-resources-for-schools/77.html>

(Chinese version only)



Schools may also download the “Resource Pack for supporting students amid class resumption” to support students in coping with emotional distress in four aspects, viz. security, familiarity, allowance and emotional regulation, at the beginning of the school year.

<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/promotional-resources-for-schools/70.html>

(Chinese version only)



**“Start the Day Full of Energy” Cheer-up Cards  
Collection Form**

Date of Collection:	29 August 2022 to 31 August 2022
Time of Collection:	9:30 a.m. – 12:30 p.m. and 2:30 p.m. – 5:00 p.m.
Distribution Centre:	Educational Psychology Service (Kowloon 1) Section Room W201, 2/F, West Block, Education Bureau Kowloon Tong Education Services Centre, 19 Suffolk Road, Kowloon Tong, Kowloon
Enquiry Hotline:	3698 4321

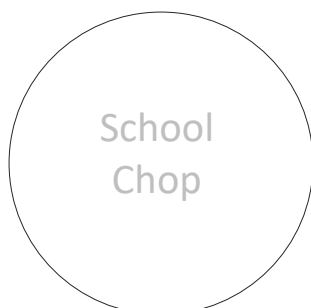
There are approximately \_\_\_\_\_ staff members and students in our school. Please give the following number of “Start the Day Full of Energy” cheer-up cards (50 cards per set) to the bearer of this form.

50 x \_\_\_\_\_ (sets) = \_\_\_\_\_ cards in total

*(e.g. a school with around 820 staff members and students  
may collect a total of 850 cards (50 x 17 (sets))*

Note 1: The cheer-up cards come in 12 designs and will be given at random.

Note 2: The dimensions of each cheer-up card are 10 cm x 10 cm and there are 50 cards in a set.  
Please bring your own bag to collect the cards.



Signature of School Head: \_\_\_\_\_

Name of School Head: \_\_\_\_\_

Name of School: \_\_\_\_\_

Telephone No.: \_\_\_\_\_

Fax No.: \_\_\_\_\_

Date: \_\_\_\_\_