

Education Bureau Circular Memorandum No. 163/2026

From : Secretary for Education
Ref : 1258-2005-8055-9090-00001
Date : 31 August 2026

To: Heads of Primary and Secondary
Schools (including Special
Schools)

“Forging Relationships, Nurturing Well-being” School Campaign and “4Rs Mental Health Charter”

Summary

This circular memorandum informs all primary and secondary schools (including special schools) of the details of the “Forging Relationships, Nurturing Well-being” School Campaign and the “4Rs Mental Health Charter” to be implemented in the 2026/27 school year.

Background

2. The Education Bureau (EDB) attaches great importance to the healthy development of students. To assist schools in creating a caring and positive school culture, EDB has been adopting a multi-pronged approach, through school curricula, teaching resources, student growth programmes and teacher training, etc., to enhance the awareness of students and school personnel on anti-bullying, foster a positive school ethos, nurture students’ proper values, and promote positive attitudes such as respect and inclusion. At the same time, EDB also supports schools in addressing students’ diverse developmental needs through a Whole School Approach and multi-disciplinary collaboration, thereby strengthening students’ resilience and positive thinking.

Details

3. EDB will launch the “Forging Relationships, Nurturing Well-being” School Campaign (“Campaign”) and strengthen the promotion of the 4Rs Mental Health Charter (4Rs Charter)¹ in the 2026/27 school year. A series of activities will be organised to support schools in implementing strategies of preventing and handling school bullying, while enhancing students’ mental health, empowering them to face various challenges positively in the course of their development.

¹ The “4Rs” in the 4Rs Charter cover four elements and objectives for promoting mental health, which include: Rest, Relaxation, Relationship, and Resilience.

(I) “Forging Relationships, Nurturing Well-being” School Campaign

4. The Campaign aims to bring together the efforts of the community, schools, and families to raise the awareness among teachers and students on anti-bullying, enhance the related professional knowledge and capacity of school personnel, and cultivate students' proper values and positive attitudes. The name of the Campaign, “Forging Relationships, Nurturing Well-being”, underscores mutual support and care, while symbolises hope and warmth, bringing in vitality and positive emotions to the schools. To tie in with this theme, EDB will organise a series of activities with details as follows:

Online talks for teachers and parents

5. To enhance the awareness of teachers and parents on anti-bullying, and strengthen their strategies and skills in promoting students' mental health, EDB will organise two online talks for parents and one online talk for teachers in September 2026. The talks cover content such as building a caring and harmonious school culture, adapting to the new school year, mental health, strengthening students' resilience and enhancing interpersonal relationships, and preventing school bullying. For details of the online talks and registration methods, please refer to Annex 1. EDB will organise related talks throughout the 2026/27 school year and relevant information and details will be announced in due course. Schools may visit the designated website of the Campaign via the link or the QR code below.

“Forging Relationships, Nurturing Well-being” School Campaign designated webpage (Chinese version only):
https://www.edb.gov.hk/en/teacher/guidance-discipline-services/support-services/harmonious-school-anti-bullying/well-being_campaign.html



Activity resources for promoting harmonious schools

6. Schools are not only places where students learn, but also important pillars for their growth. Schools can strengthen teacher-student relationships and build a trusting, caring and harmonious school culture at the class, grade, and school levels. EDB will disseminate the activity resources related to harmonious school culture and strengthening peer relationships by phase, which include activity suggestions, anti-bullying tips, electronic posters, and slogans, etc.. Schools may make use of the relevant resources to organise class management activities, morning assemblies, and anti-bullying days/weeks. The first batch of the activity resources suitable for use at the beginning of the school year has been uploaded to the designated webpage of the Campaign for schools' reference.

7. The effective promotion of an anti-bullying culture and students' mental health relies on cross-sectoral and multi-disciplinary collaboration. To this end, we will invite different stakeholders to produce short videos or contribute short articles to share messages on positive school culture, home-school cooperation, gratitude and appreciation, and anti-bullying, etc., and upload them to the designated webpage of the Campaign. Schools may visit the designated webpage and share the videos and articles

with students and parents, joining hands to promote a culture of care, friendship and positivity.

(II) 4Rs Mental Health Charter

8. EDB has launched the 4Rs Charter since the 2024/25 school year and will continue to make every effort to promote the 4Rs Charter in schools in the 2026/27 school year, with resilience and relationship as the core themes. We are delighted to have invited swimming athletic, Miss Stephanie Au, to serve as the “4Rs Charter Mental Health Ambassador”, promoting the importance of physical and psychological well-being to students and injecting more momentum into schools’ effort in the promotion of mental health. To align with the themes of 4Rs Charter, EDB will organise a series of activities. Details are as follows:

4Rs Mental Health Month

9. In response to World Mental Health Day on 10 October each year, EDB has designated October 2026 to January 2027 as “4Rs Mental Health Month”. All primary and secondary schools in the territory-wide are invited to participate and organise diversified mental health activities based on the themes of the 4Rs Charter during this period, thereby implementing the 4Rs Charter in schools. Participating schools may refer to the specific information and suggested activities on the “4Rs Mental Health Month” on the 4Rs Charter designated webpage, to organise mental health activities based on their school needs to enhance students’ mental health. In addition, each participating school will receive 4Rs souvenirs and a banner to hang outside the school. For details of enrollment, please refer to Annex 2.

“4Rs Mental Health Charter” designated webpage
(Chinese version only):

<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/promotional-resources-for-schools/121.html>



“4Rs Roly-Poly” Derivative Work · Call for Submission Activity

10. EDB encourages schools to organise the “4Rs Roly-Poly” Derivative Work Activity, inviting students to create works related to the “4Rs Roly-Poly”, for example, designing clothing, styling or creating a story for “4Rs Roly-Poly”, thereby deepening their understanding about the core elements of enhancing mental health. Schools may include the “4Rs Roly-Poly” Derivative Work Activity as one of their school-based mental health promotion activities during the aforementioned “4Rs Mental Health Month”. Schools will receive a “4Rs Roly-Poly” souvenir for every submission which fulfills the relevant themes of mental health. The submitted works may be uploaded onto the “Mental Health @School” website or to be produced as 4Rs Charter souvenirs. For details, please refer to Annex 3.

“Start the New School Year Full of Energy” designated webpage

11. To prepare for the new school year, through the “Start the New School Year Full of Energy” designated webpage (<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/promotional-resources-for-schools/220.html>), EDB provides schools, students, and parents with practical suggestions and consolidates various resources, including ways to help students enhance resilience and suggestions for parents to jointly establish a habit of gratitude to promote resilience and parent-child relationship, thereby assisting parents in accompanying their children’s growth.

“Start the New School Year Full of Energy” designated webpage (Chinese version only):
<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/promotional-resources-for-schools/220.html>



Parent Education

12. Parents play a pivotal role in promoting their children’s physical and psychological well-being and helping them develop healthy peer relationships. EDB has been adopting a multi-pronged approach in promoting parent education, with a view to equipping parents with the knowledge, skills and attitudes of positive parenting. In addition, EDB has all along been implementing the territory-wide Positive Parent Campaign (PPC), fostering positive thinking, strategies and attitudes in nurturing children, while disseminating important messages on supporting the physical and psychological development of students, which includes parent-child relationship, parenting skills and emotional management of parents through the one-stop parent education website “Smart Parent Net” (parent.edu.hk) and its social media platforms. To tie in with the Campaign and the 4Rs Charter, EDB will organise a series of activities under the PPC between October 2026 and January 2027. Details of the activities will be announced in due course.

Enquiries

13. For enquiries, please contact the Guidance and Discipline Section of EDB at 2863 4685 or Educational Psychology Service (Kowloon 1) Section at 3698 4309.

Ms Vickie LI
for Secretary for Education

“Forging Relationships, Nurturing Well-being” School Campaign (2026/27)**Online Talks for Teachers and Parents****September 2026****Parent Talk**

Date	Time	Topic and Speaker	QR Code for Enrolment	Deadline of Enrolment
8 September (Tue)	18:30	Enhancing Children’s Resilience — Adapting to the New School Year Educational Psychologist, EDB Ms Gloria WU	 [https://shorturl.at/jwIUP]	5 September (Sat)
15 September (Tue)	19:30	Awareness and Companionship: Protecting Children’s Hearts Social Worker Ms AU Yat-nam	 [https://shorturl.at/dKedP]	10 September (Thur)

Teacher Talk

Date:	22 September 2026 (Tuesday)
Time:	16:00 – 17:00
Mode:	Online mode via Zoom
Target:	Teachers and student guidance personnel of primary, secondary, and special schools (including school social workers)
Topic:	Enhancing Resilience – Supporting Primary 5 to Junior Secondary Students at Risk of Adjustment Difficulties
Speaker:	Educational Psychologists, EDB – Mrs KONG TANG Yuet Ho, Maysie and Ms CHU Shun Ying, Sharon
Enrolment:	Enrolment via EDB Training Calendar System (https://tcs.edb.gov.hk) (Course ID: SE0020260306) 
Enrolment Deadline:	17 September 2026

Application Form for “4Rs Mental Health Month” (2026/27)(Please reply on or before 15 September 2026 (Tuesday))

To: Educational Psychology Services (Kowloon 1) Section
 Fax: 2715 8056 (Attn: Ms Nico SIU)

In response to World Mental Health Day on 10 October every year, EDB invites schools to participate in the “4Rs Mental Health Month” during **the period of October 2026 to January 2027**. Based on school characteristics and students’ needs, schools can design and organise appropriate school-based mental health activities to help students develop healthy living habits, provide more opportunities to relax and unwind, build positive interpersonal relationships, and enhance students’ sense of well-being and resilience. Participating schools may browse the specific information and suggested activities for the “4Rs Mental Health Month” on the 4Rs Mental Health Charter designated webpage to organise fun mental health day/week/month activities and promote the importance of physical and psychological well-being in schools. Participating schools will receive 4Rs souvenirs and a banner to display outside the school.

“4Rs Mental Health Charter” designated webpage (Chinese version only):
<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/promotional-resources-for-schools/121.html>



Please tick “✓” the appropriate box(es).

- ☐ Our school **agrees to participate** in the “4Rs Mental Health Month” and plan to implement the following activities. *(can select more than one option.)*

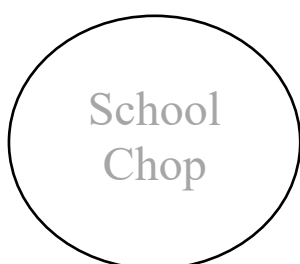
- ☐ Arrange students to participate in the “4Rs Roly-Poly” Re-creation · Call for Submission

Activity (See **Annex 3** for details)

- ☐ Promote the theme of Rest
☐ Promote the theme of Relaxation
☐ Promote the theme of Relationship
☐ Promote the theme of Resilience
☐ Apply the “Mental Health Literacy Resource Package” in lessons
☐ Apply the teaching materials from the 4Rs Mental Health Charter – Resilience designated webpage in lessons
☐ Other school-based mental health promotion activities (Please specify: _____)

- ☐ Our school **will not** participate in the “4Rs Mental Health Month”.

Reason: _____



Signature of School Head : _____
 Name of School Head : _____
 Name of School : _____
 Telephone & Email : _____
 Date : _____

“4Rs Roly-Poly” Derivative Work · Call for Submission Activity**1. Purpose of the activity**

To enhance students’ understanding of the 4Rs Mental Health Charter (4Rs Charter), and gain a deeper understanding of the connection between the four elements (Rest, Relaxation, Relationship, and Resilience) and mental health through the process of creation.

2. Details of the activity

EDB encourages schools to organise school-based “4Rs Roly-Poly” Derivative Work Activity, inviting students to create works related to the “4Rs Roly-Poly”. The creation must adopt 4Rs Charter as the main theme, the content may be related to messages that promote healthy lifestyle habits, relax and destress, positive interpersonal relationship and resilience. EDB suggests schools to choose from the suggested formats below or adopt their own format for the derivative work according to the developmental capabilities of students of different age groups. Students may also use Artificial Intelligence (AI) tools to assist in their creation.² Schools may submit a maximum number of 20 student entries. Schools will receive a “4Rs Roly-Poly” souvenir for every submission which fulfills the themes. The submitted works may be uploaded onto the “Mental Health @School” website or to be produced as 4Rs Charter souvenirs.

Category	Target Group	Suggested Format for Derivative Work
Parent-Child Group	Primary 1 to Primary 3 students	New looks for 4Rs roly-poly, photo stories, handicrafts
Upper Primary Group	Primary 4 to Primary 6 students	4Rs roly-poly four-frame comic, short story writing, 4Rs board games
Junior Secondary Group	Secondary 1 to Secondary 3 students	4Rs roly-poly micro fiction, WhatsApp stickers, 4Rs poster design
Senior Secondary Group	Secondary 4 to Secondary 6 students	4Rs roly-poly advance fictional writing, 4Rs poster design

² This activity accepts Artificial Intelligence (AI) inputs:

- Permissible Scope: Students may use AI tools for brainstorming, text polishing, background illustration, or music arrangement collaboration.
- Originality Requirement: The core concept, story backbone, or final refinements must still be driven by the student.
- Transparent Declaration: If AI tools were used during the creation process, please briefly specify this on the submission form (e.g., “Used [Tool Name] to assist with [a specific part of the creation]”).

3. Submission Method and Rules

Schools can view the details on the event page on the “4Rs Mental Health Charter” designated webpage, download the “4Rs Roly-Poly” image files, and submit students’ works on the event designated webpage.

“4Rs Mental Health Charter” designated webpage (Chinese version only):
<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/promotional-resources-for-schools/121.html>



4. Souvenirs

- Schools will receive a “4Rs Roly-Poly” souvenir for every submission which fulfills the themes.
- The submitted works may be uploaded onto the “Mental Health @School” website or to be produced as 4Rs Charter souvenirs.

5. Submission Deadline

- 31 December 2026

6. Enquiries

For enquiries, please contact Educational Psychology Services (Kowloon 1) Section of EDB on 3698 4309.