

# Counselling week

From March 4th to 8th, 2024, the "Counselling week" with the theme "Finding the Key to Happiness" have been held. Through "whole-school participation" experiential activities, students' mental health could be enhanced, positive values could be cultivated, and their potential could be inspired.

To enhance students' interests and align with the development of STEAM education, our school has invited the Hong Kong Youth Association to organize the "Empathy spot." Through VR games, students' awareness and experience of mental health have been strengthened.

In addition, the highlight of this year's activities is the "Happy Ice Cream Truck." The counselling team has arranged for an ice cream truck to come to the school, allowing students and teachers to enjoy delicious ice cream and add a touch of sweetness to their lives amidst laughter.

The activities for this year's Guidance Week are as follows:

- Magic Performance
- Student Microfilm Production and Screening
- Student Band Performance (Band Show)
- Student Street Music Performance (Busking)
- Stress Management Workshop
- Daily Sharing from students: Finding the Key to Happiness
- Lunchtime Song dedication
- Horticultural Therapy Workshop
- Happy Ice Cream Truck
- Exhibition: Happiness around the world
- Empathy Spot
- "Journey to Happiness" Concert
- DIY Workshops: Aromatherapy Stones, Night Lights, Dried Flower Cards, and Leather Keychains
- Game stalls