



23rd September, 2025

Dear Parents / Guardians,

4Rs Campus Mental Health Activity Days Class Schedule

Our school has always attached great importance to the mental health of students and has responded actively to the promotion measures and activities implemented by the Education Bureau (EDB) in recent years to promote mental health, and has built a strong safety net for students. In order to promote mental health in the school in a more comprehensive and systematic manner, our school has participated in the "4Rs Mental Health Charter" launched by the EDB and organised the "4Rs School Mental Health Activity Day". A Whole School Approach will be adopted to cater for students' developmental needs. This event will be held four times throughout the year (30/9/2025, 19/12/2025, 14/4/2026 and 7/5/2026). On-campus activities with different themes will be held in the afternoon on those days and lunch break will be extended (12:35p.m. - 1:55p.m.) which will allow students to cultivate healthy habits and the school to achieve the goal of promoting students' mental health by providing more activities to relax and reduce stress.

If you have any enquiries about the arrangements for the "4Rs School Mental Health Activity Days", please contact Vice Principal CHAN Tsz-ming at 2602 1000.

Thank you for your attention.

Yours faithfully,

Principal of Lock Tao Secondary School

Reference link:

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

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To: Principal

Reference No. : 049/25-26

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I am the parent/guardian of (Class) _____ (Student Name) _____ ().

I have acknowledged that I have read and understood the contents of the issue regarding the notice of "4Rs Campus Mental Health Activity Days Class Schedule".

Name of parent / guardian : _____

Signature of parent / guardian : _____

Date : _____