

**One-off Grant for Mental Health of Parents and Students
Budget 2024-2025**

Total Grant: \$20,000 (for 2023-2025 school years)

Proposed Month	Activities	Expected Expenses
Feb 2025	Parents' Yoga course <ul style="list-style-type: none"> • Help parents create a habit of doing sports to improve both their physical and mental well-being 	\$8,000
Feb 2025	Parents' Talk on maintaining good mental health when nurturing children	\$58,00
May 2025	Preserved fresh flowers workshop <ul style="list-style-type: none"> • Let parents relieve stress through the activity 	\$6,200
	<u>Total:</u>	\$20,000
	<u>Unspent Balance:</u>	\$0