Transforming School Culture – Promoting Well-being through Mindfulness

Abstract

The mental health of Hong Kong students and teachers is always a public concern. To promote the well-being of school community, the ‘Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative’ (JC PandA) is helping more than 80 schools in Hong Kong develop mindfulness culture. The beneficiaries include students, teachers, parents, and the public. As a research cum intervention project, the JC PandA also conducts cutting edge studies on the effectiveness and mechanisms of mindfulness. Its fruitful experience sheds light on how town and gown can work collaboratively for the betterment of the society.