



參考編號：ECA/2023/24-191

敬啟者：

課外活動家長通知書

貴子弟 _____ (____ 班 ____ 號) 於學術範疇表現卓越，現獲邀老師推薦參加緊急援腦教育工作坊，旨在培養學生對醫學科學的興趣。

活動名稱：	緊急援腦教育工作坊	費用：	全免
日期：	2024 年 2 月 3 日 (星期六) 2024 年 2 月 4 日 (星期日)	詳情：	請見附件
目的地：	2 月 3 日：香港中文大學校園 2 月 4 日：香港大學校園 (同學需自行前往目的地) *稍後主辦單位會與同學確認。	備註：	網上登記程序 https://docs.google.com/forms/d/e/1FAIpQLSfx8xslZiclOQtTaF1o3bKZtfRuSK1DnA75pJ2DWUI8zOxrCQ/viewform 
活動時間：	2 月 3 日：上午 9:00 至 下午 5:40 2 月 4 日：上午 9:00 至 下午 5:15		

請家長經 eClass 於 二零二四年一月二十五日 回覆及完成網上登記程序；如 貴子弟有任何已知疾病或正接受任何醫療，請一併聲明。假若活動當日天氣臨時變壞，以致活動需要取消，課程導師將在安全情況下安排學生儘快回家。如有查詢，請致電 2476 2357 與陳志榮老師、倪紅英老師或魯詠琳老師聯絡。

此致

貴家長



元朗公立中學校長
余國健 謹啓

二零二四年一月廿三日



課外活動家長通知書回條

敬覆者：

本人已經知悉有關活動的詳情，並 同意 / 不同意 敝子弟 _____ (____ 班 ____ 號) 參加貴校於 2024 年 2 月 3 日及 2 月 4 日舉行之課外活動 (活動名稱：緊急援腦教育工作坊)。

* 敝子弟健康良好，可以參與上述活動及已完成網上登記程序。

敝子弟有附頁所載之疾病 / 醫藥治療 / 醫生證明，可以參與上述活動及已完成網上登記程序。

此覆

元朗公立中學校長

家長簽署：_____

家長姓名：_____

聯絡電話：_____

學生姓名：_____

班別 / 班號：_____ ()

二零二四年 ____ 月 ____ 日

*請在適當 內劃上

#請將此家長同意書交回領隊教師存檔

Hong Kong Student Association of Neuroscience
SPEAD - Brain Emergency Support Workshop 2024
Application Form

Annex

(1) Activity Description

SPEAD - Brain Emergency Support Workshop 2024 (SPEAD) aims at educating secondary school students on stroke, panic disorder, epilepsy, generalized anxiety disorder and depression. The initials of these disorders combine to be SPEAD, which is pronounced as ‘speed’ and echoes the fact that these diseases require speedy identification and support.

Through attending deep-dive sessions on stroke, panic disorder, epilepsy, generalized anxiety disorder & major depressive disorder, secondary school students will attend lectures on the basic knowledge related to the etiology, symptoms, immediate supportive measures and treatment of stroke, panic disorder, epilepsy, generalized anxiety disorder and major depressive disorder. HKSAN hopes that participants can identify whether there is an onset of these diseases among the people around them, and quickly adapt support measures that reduce possible injuries.

Participants will attend a basic communication skills training workshop to learn the appropriate communication methods when supporting individuals with mental health issues. When encountering peers that may be experiencing emotional struggles, HKSAN hopes that participants can learn how to offer appropriate assistance and encourage them to seek professional help.

In order for participants to consolidate the knowledge gained through the aforementioned sessions and workshop, HKSAN has invited neurological patients and their caregivers to SPEAD. Participants will have the opportunity to interview the patients and/or caregivers.

Besides promoting public mental health through the aforementioned events, HKSAN will host career sharing sessions by professionals in neuroscience related fields. By listening to and interacting with our guest clinical psychologist, a doctor and a neuroscientist, participants can gain insights into the career path and daily work of the professionals.

(2) Rundown

Day 1: CUHK Campus (3 February 2024)

Time	Event
09:00-09:30	Registration
09:30-09:50	Opening & Workshop briefing
09:50-10:10	Deep Dive into Epilepsy
10:15-10:35	Deep Dive into Stroke
10:40-11:00	Deep Dive into Generalized Anxiety disorder
11:00-14:00	Campus walk + Lunch
14:00-14:20	Deep Dive into Panic disorder
14:20-14:40	Deep Dive into Major Depressive Disorder
14:40-15:00	Inter-group quiz comp on the five diseases
15:00-15:15	Break/Buffer
15:15-15:35	Patient Interaction Preparation (questions drafting)
15:35-16:35	Mindfulness workshop
16:35-16:55	Transit and Break
17:00-17:30	Life at university presentations
17:30-17:40	Debriefing on Day 1; Reminders for Day 2

Day 2: HKU campus (4 February 2024)

Time	Event
09:30-09:45	Registration
09:45-10:00	Opening
10:00-11:30	Individual career sharing by Doctor and Neuroscientist
11:30-13:30	Lunch
13:30-14:15	Career sharing by neurosurgeon
14:30-15:15	Talk: Policies & Career sharing by healthcare policy maker
15:15-15:30	Transit & Buffer
15:30-16:30	Patient interaction session
16:30-17:00	Transit
17:00-17:15	Certificate presentation ceremony to patients