



**ST PAUL'S CONVENT SCHOOL
PARENT-TEACHER ASSOCIATION**

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Prof. WING Yun Kwok

The Chinese University of Hong Kong

- **Choh-Ming Li Professor of Psychiatry**
- **Chairman, Department of Psychiatry, Faculty of Medicine**
- **Director of Li Chiu Kong Family Sleep Assessment Unit**

Biography:

Professor Wing graduated from The Chinese University of Hong Kong, Hong Kong SAR, China. He is currently the Choh-Ming Li Professor of Psychiatry and Chairman in the Department of Psychiatry of the Faculty of Medicine of the Chinese University of Hong Kong. He is also the Director of the Li Chiu Kong Family Sleep Assessment Unit of The Chinese University of Hong Kong.

Professor Wing has diverse research interest in sleep and circadian medicine, psychiatric disorders and neuropsychiatry. He has active contribution to the scientific communities, including his leadership role in the Hong Kong Society of Sleep Medicine (ex-President, HKSSM) and Asian Sleep Society of Sleep Medicine (ASSM, Vice-president). He served as scientific committee member in the World Association of Sleep Medicine previously, which has merged to become World Sleep Society at which he has active contribution currently. He is serving at a few editorial boards including his role as Associate Editor in the journal 'Behavioral Sleep Medicine'.

He and his research group has established the local epidemiological data of various sleep disorders including sleep deprivation, insomnia, narcolepsy, and parasomnia. In particular, the group has studied interaction of sleep and circadian propensity with psychiatric disorders. The group has also completed a novel prevention study of insomnia among at-risk adolescents. In addition, the group has extensive work on REM Sleep behavioral disorder, a sleep disorder with high specificity in predicting future alpha-synucleinopathy neurodegeneration.

Professor Wing was awarded the distinguished national award for Sleep Medicine Scientific Technological Advance in China by the Chinese Medical Doctor Association at 2010 and distinguished contributions to the development of sleep medicine and sleep research by Chinese Sleep Research Society at 2016. He was also awarded the Teacher of the Year Awards, Faculty of Medicine, CUHK in 2012-13.

Specialised Research Area(s):

- Sleep medicine
- Biological and cultural psychiatry
- Neuropsychiatry
- Digital mental health



Topic: Enhancing Mental and Sleep Health in School Adolescents - The Way Forward

Overview

Adolescents face numerous biopsychosocial challenges that will impact their sleep and mental health. As parents and teachers, understanding these challenges is crucial in supporting their well-being and academic success. This talk will explore the significance of mental and sleep health in school adolescents, offering practical strategies to address these issues to enhance their well-being.

Key Highlights

1. Understanding Adolescent Mental Health
 - Overview of common mental health issues in adolescents.
 - The impact of mental health on academic performance and social interactions.
2. Importance of Sleep for Adolescents
 - The role of sleep in cognitive function and emotional regulation.
 - Common sleep problems
 - The impact of sleep problems on academic performance and mental health.
3. Strategies for Improvement
 - Techniques to promote better sleep hygiene.
 - Approaches to support mental health.
4. The Role of Parents
 - How parents can identify signs of mental health issues and sleep disturbances.
 - Effective communication strategies.
5. Collaboration with Schools
 - Importance of parent-teacher collaboration in monitoring and supporting student well-being.
 - Initiatives schools can implement to foster a healthy environment.

Importance for Parents

- **Knowledge Empowerment:** Understanding these topics equips parents to better support their children's health and academic success.
- **Proactive Engagement:** Parents will learn how to be proactive in addressing potential issues.
- **Community Building:** Encouraging a collaborative approach between parents, teachers, and students to create a supportive community.



主題：增強學校青少年的精神與睡眠健康－未來方向

概述

青少年面臨著許多可能影響他們的精神和睡眠健康的挑戰。作為家長和老師，了解這些挑戰對於支持他們的福祉和學業成功至關重要。本演講將探討精神和睡眠健康對學校青少年的重要性，提供解決這些問題的實用策略，並提供提高他們福祉的實用解決方案。

主要內容：

1. 了解青少年精神健康

- 青少年常見精神健康問題概述。
- 精神健康對學業成就和社交互動的影響。

2. 睡眠對青少年的重要性

- 睡眠在認知功能和情緒調節中的作用。
- 常見的睡眠問題
- 睡眠問題對學業和精神健康的影響。

3. 改進策略

- 促進更好睡眠衛生的技術。
- 支持精神健康的方法

4. 父母的角色

- 家長如何辨識精神健康問題和睡眠障礙的跡象。
- 支持青少年的有效溝通策略。

5. 與學校的合作

- 家長與教師合作在監督與支持學生福祉的重要性。
- 學校可以實施哪些措施來營造健康的環境。

對父母的重要性

- 知識賦權：了解這些主題可以幫助家長更好地支持孩子的健康和學業成功。
- 主動參與：家長將學習如何在潛在問題升級之前主動解決問題。
- 社區營造：鼓勵家長、教師和學生之間合作，創造一個支持性社區。