

[EDB organises Healthy Living, Happy Family Series – Picturise Your Messages Sticker Design Competition](#)

The Education Bureau (EDB) today (September 11) invites all kindergartens, primary schools and secondary schools to encourage active participation from teachers, students and parents in the Healthy Living, Happy Family Series – Picturise Your Messages Sticker Design Competition organised by the EDB.

A spokesman for the EDB said, "This event aims to encourage parents to develop a healthy lifestyle with their children, including adequate sleep, daily exercises and participation in leisure activities, so that both parents and children can relax and maintain their physical and psychological well-being to facilitate the happy and healthy development of children."

The competition comprises the kindergarten, primary school and secondary school groups. Students and parents may showcase their creativity by creating a set of four stickers together on the theme of developing a healthy lifestyle, and enrol in the competition through their respective schools on or before October 14. Schools should register and submit entries for participating students through the activity website (www.parent.edu.hk/en/smart-parent-net/topics/article/ppc-competition2024). Participants who submit an eligible entry will receive a certificate of commendation and a souvenir.

Each group will have a champion, a first runner-up, a second runner-up, five merit awards and The Most Liked Award. The adjudication panel will select 15 outstanding entries from each group for students, parents and the public to vote for The Most Liked Award through the activity website (www.parent.edu.hk/en/smart-parent-net/topics/article/ppc-competition2024) from October 29 to November 4. The awards and prizes for each group are as follows:

Award	Prize
Champion	Certificate of commendation and \$1,000 gift voucher
First runner-up	Certificate of commendation and \$800 gift voucher
Second runner-up	Certificate of commendation and \$500 gift voucher
Merit Award (five awardees)	Certificate of commendation and \$300 gift voucher
The Most Liked Award	Certificate of commendation and \$500 gift voucher

The Most Active Participating School Award	Certificate of commendation and \$2,000 gift voucher
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In addition, the EDB will arrange interviews and video shoots for the schools receiving The Most Active Participating School Award, and the videos will be uploaded to the EDB and Smart Parent Net websites and/or social media platforms.

The EDB aims to raise awareness of the Positive Parent Campaign among students, parents and the public through activities under the Healthy Living, Happy Family Series, and to complement the promotion of the 4Rs Mental Health Charter (4Rs Charter) newly launched in the 2024/25 school year. Parents are encouraged to support the 4Rs Charter and uphold the four essential elements in fostering mental health, namely Rest, Relaxation, Relationship and Resilience, and work together with schools to create an environment conducive to the healthy development of students.

The EDB has been running the Positive Parent Campaign since June 2020 to promote positive parent education through extensive and diversified channels. The objective is to foster parents' positive thinking and promote proper ways and attitudes for nurturing children, thereby developing in parents a positive and optimistic mindset that contributes to the effective learning and happy development of children. For updates on the Positive Parent Campaign, please visit the Smart Parent Net website (www.parent.edu.hk/en/).