



Dear Parents and Students,

**Life Education Activity Programme (LEAP)**  
**“Spare a Lai-See” Fundraising Campaign 2026**

I hope this message finds you well and that your New Year is off to a wonderful start! I am **Harold, the Health & Wellness Coach from LEAP**, and you might remember me as the friendly giraffe who sings and interacts with students in our mobile classroom.

I want to take this opportunity to express my heartfelt gratitude for your ongoing support of LEAP. Your dedication has enabled us to deliver vital preventive health-based education programmes to students, impacting over 2.4 million students and 100,000 parents over the past 30 years. This impact is only possible because of contributions from compassionate individuals like you.

At LEAP, we are committed to putting children at the heart of everything we do. We have launched our new "Social and Emotional Learning" programme and a series of "Health & Wellness" activities. These initiatives aim to help students develop interpersonal skills, enhance emotional management, cultivate positive values, and build resilience, all of which are vital for preventing self-harm behaviours.

This year, we are excited to announce that the "Spare a Lai-See" Campaign 2026 will take place in February 2026. **All proceeds from this campaign will be dedicated to expanding LEAP's health-based preventive education programmes, which aim to address the growing physical, mental, and emotional health challenges young people face today.**

We will have a Harold's donation box in the school from \_\_\_\_ February to \_\_\_\_ March 2026. All the funds we gather will directly support these wonderful new initiatives, enhancing the services we provide to our students. Your generosity truly makes a difference!

I am also excited to share a special opportunity for students. They can **write a message on the back of their lai-see packets, along with their name and class, sharing things that make you happy or grateful.** We will share this joy throughout the community and select **10 winners for the "Most Inspiring Message Award,"** who will receive a Harold New Year's Goodie Bag!

To encourage the participation of students and schools, awards winners will be recognised in the following categories:

1. **Most Supportive School Award (3 winners)** - Recognises schools with the highest number of student participants
2. **Most Participative School Award (3 winners)** - Awards schools with the highest participation rate
3. **Most Generous School Award (3 winners)** - Given to the schools with the largest donations
4. **Loyalty Award** - Acknowledges schools participating for five consecutive years or more.
5. **Most Inspiring Message Award (10 winners)** - Awarded to ten students with the most meaningful messages on their Lai-see packets, each receiving a Harold New Year Goodie Bag.

As a little extra incentive, every donation of HK\$50, HK\$100, or HK\$200 or more will earn a Harold souvenir! You can also visit LEAP's website at <https://leap.org.hk/donate> to make online donations. Your generous support will help us expand our programmes and touch even more lives!



Scan the QR code to watch  
"Spare a Lai-See" Fundraising Campaign 2026  
Promotional Video

Warm regards,



Harold  
January 2026

