

Jubail International School

Mental Health Awareness Campaign



' Make Mental Health and Wellbeing for all a Global Priority'

23rd October- 3rd November 2022

Rationale:

In line with our Guiding Statement, Educational Convictions and Core Values, JIS is running Mental Health Awareness Campaign (MHAC) from 23rd October to 3rd November 2022. This campaign will be the organized by the school under the community service and community partnership programs. All stakeholders including students, staff, parents, and community will be participating.

Our Guiding Statements:

Our Vision

Leaders of Excellence in International Education

Our Mission

Al Hussan International Schools provide high quality education through a safe, stimulating, and multicultural environment to prepare leaders for a global society.

Our Beliefs

At Al Hussan International Schools, we believe:

1. All students can learn and realize their full potential.
2. A safe and stimulating environment promotes quality education.
3. In respecting cultural and individual differences.
4. All stakeholders share the responsibility for advancing our mission.
5. In preparing students to pursue further educational goals.
6. Commitment to continuous improvement is imperative.

Our Educational Convictions:

- ❖ High Quality Education
- ❖ Global Citizenship
- ❖ Interculturalism
- ❖ Digital Citizenship

Our Core Values

Core values of JIS are summarized by the following quote: At **ALHUSSAN WE EXCEL**. It represents the following core values to be promoted by the whole school community.

E: Empathy: The ability to understand and share feelings with others.

X: Exemplary: Serving as a desirable model.

C: Compassion: Concern for the suffering or misfortune of others.

E: Efficiency: Competency in performance

L: Leadership: Act towards achieving common goal.

Why is mental health important?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act and also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

What is a mental health campaign?

The campaign aims to raise awareness of **mental health issues and mobilize efforts in support of mental health**. The World Health Organization recognizes World Mental Health Day on 10 October every year. The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is Make Mental Health and Wellbeing for all a Global Priority'. Hence, our campaign adopts the same theme.



Why are mental health campaigns important?

Mental health awareness campaigns **help to socialize mental health into an organization**. They help to increase peoples' awareness and understanding of mental health, challenge stigma and foster a culture of openness within a workplace.

When to conduct the campaign?

The JIS MHAC will be conducted during the period of 23rd October-3rd November 2022.

Who is participating?

Students , Parents , Staff

Students Council, Parents Council

Activity Coordinators.

Language Departments (English, Arabic, French and Urdu).

Professionals/ Guest Speakers from Community.

Child Protection Committee

Health and Safety Committee

Social Counselling Committee

Social Media Committee

What Color represents mental health?

The **green ribbon** is the international symbol of mental health awareness.

End Product Tasks:

Persons in-charge of all activities and their team members will create e- album to document these activities in line with our Mass Media Policy. The e-album will be shared with the Management Team for final review, Social Media Committee to share with the Head Office Social Media the and ICT Department to upload on the dedicated Website for the awareness campaign.



#	Task	Description	Core Value & Educational Convictions	Targeted Group	Person in-charge	Team Members	Timeline	Remarks
1.	Seminars: <ul style="list-style-type: none"> Social Counselor Guest Speakers 	Under the community partnership program school will invite professionals to conduct various seminars to raise awareness of stakeholders including students, staff and parents regarding mental health. <ul style="list-style-type: none"> Social counselor will conduct seminars for staff and students. Guest Speakers will conduct seminars for stakeholders. 	EXCEL, Global Citizenship, Interculturalism, Digital Citizenship	stakeholders including students, staff and parents	Activity Coordinators Students Council Social Counselor	Activity Coordinators Students Council Social counselor	23 rd October-3 rd November 2022	Videos and photos will be taken in line with our Mass Media Policy to document the seminars <i>(Refer to end product tasks)</i>
2.	Creative Writing Campaign (English, Arabic, Urdu, French)	Language teachers (Arabic, English, French and Urdu) will conduct Creative Writing Campaign where students will write under the theme of 2022's World Mental Health Day ' Make mental health and wellbeing for all a global priority '.	Global Citizenship, Interculturalism, High Quality Education, EXCEL	All Students	Language HoDs and SCs	All language teachers	23 rd October-3 rd November 2022	Students' writings will be compiled in the form of Journals and will be placed in the school libraries. <i>(Refer to end product tasks)</i>
3.	Draw and Display Art Department	Art teachers will discuss the objective of the MHAC with students during Art classes. Students will express their feelings and perspectives through drawings and coloring activities.	Global Citizenship, Interculturalism, EXCEL	All students	Art teachers	Art teachers	23 rd October-3 rd November 2022	
4.	Play and Express PE Department	PE teachers will discuss the objective of the MHAC with students during PE classes. Students will express their	Global Citizenship, Interculturalism, EXCEL	All students	PE teachers	PE teachers	23 rd October-3 rd	PE teachers will create e album to document these activities in line



		feelings and perspectives through various sports activities. All PE classes will start with a five-minutes Yoga activity.					November 2022	with our Mass Media Policy. <i>(Refer to end product tasks)</i>
5.	MHAC Website ICT Department	ICT teachers will discuss the objective of the MHAC with High School students during ICT classes. Students will develop a website to display the activities conducted during the Campaign.	Digital Citizenship, EXCEL	High School Students	ICT SC	ICT teachers	23 rd October- 17th November 2022	Persons in charge of all activities will share the relevant documents, pictures, videos, journal etc. with the ICT department. <i>(Refer to end product tasks)</i>
6.	Write and Display All Students	Students will be encouraged to express their feelings in one word/phrase on the display Boards placed in each floor.	EXCEL	All students	Activity Coordinators Students Council	Activity Coordinators Students Council	23rd October- 3rd November 2022	Display Boards will be monitored by the team members and will remain on display till the end of trimester.
7.	Message from Parent Islamic Education Department	Parents will be encouraged to express their love to their children and pride in them in voice messages. Messages (Arabic and English) will be shared during IE classes.	EXCEL	All Students	IE HoD	IE Department	23 rd October- 3rd November 2022	<i>(Refer to end product tasks)</i>
8.	Mini-achievements of the week	All teachers in the second period/ Sunday will encouraged students to write their last week's mini achievements and happiness bringers.	EXCEL	All students	Activity Coordinators	All second period/Sunday teachers	23 rd October - 3 rd November 2022	<i>(Refer to end product tasks)</i>

