

AJ Chronicles

News Letter

May 2022

AJI Primary

Issue: 2

May is Mental Health Awareness Month

Approximately 1 in 5 people experience mental illness in a given year.

**Stop the silence.
Stop the stigma.**

If you or someone you know is having a mental health crisis, hope is only a phone call away.

NJHopeline: 855-654-6735



Mental health and school success are closely linked, and untreated mental health challenges can create significant barriers to academic, social, emotional, and career success. Despite advances in medicine and psychology, many people can't recognize common mental-health problems. And because of misinformation or stigma, an overwhelming number of people struggle to get help.

The problem affects our schools, too. According to the National Alliance on Mental Illness, one in five youth aged 6-17 experiences a mental health disorder each year. There are many factors influencing this trend, and no single solution.

Realizing this fact Department of Guidance and Counselling of AJI has celebrated Mental Health month with all its importance and pomp. Many activities were conducted in order to instill in children that mental health is equally importance as Physical



Because of misconceptions and stigma surrounding mental health issues, people often suffer in silence and don't seek treatment for their conditions. Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it. Learning about mental health illnesses will leave a positive impact on the students struggling: they'll learn about therapy and how to treat their problems.

OBJECTIVES

To bring mental health awareness among students

To introduce the idea of growth and change

To emphasize that we can keep growing even when things get tough

Activities

Mental health awareness classes from grades 1-12

Poster making grades 1-6

One month of breathing exercises and positive

Affirmation

Essay writing competition for the secondary students



It is important to start each day with a positive thought, as this thought can stay with us for the rest of the day. Focusing on positive thoughts can help us to feel happier and calmer. We can also share this positive thought with others, helping to make their day a little brighter too!

Positive affirmations are a powerful tool that promotes positive self-talk. They are self-esteem boosters and anxiety reducers that lead to improved well-being for both children and adults. Of course, this makes them a great addition to any classroom. In order to reinforce students' self-positive thoughts, we conducted 5 minutes of breathing exercises and a positive affirmation presentation was done all throughout this month during the registration period.



GLIMPSES OF OUR STUDENTS' WORK



IT'S OK NOT TO BE OK



YOU WILL SMILE AGAIN



START WHERE YOU ARE



THINGS GET BETTER



LIFE IS TOUGH BUT SO ARE YOU



BREAK THE STIGMA



YOUR FEELINGS ARE VALID



YOU ARE NOT ALONE IN THIS



MAKE YOUR MENTAL HEALTH A PRIORITY

Sports Month

Grade 1-3 Tug of War and Hurdle Race



Grade 5 and 6 Basketball



AJ Sports Club

AJ Club is comprised of sport clubs formed and developed by AJ PE Department in identifying and nurturing young talents leading to sporting excellence. The key to the success of this program is student's leadership, interest, involvement, and participation.

Sports Activities

Is offering an efficient and scientific training that will be fun for boys and girls starting from 8 years above with the desire to improve their skills. A strong emphasis will be placed on fundamentals, work ethics and the importance of winning attitude for individual and team success.

Mini tournament will take place at the last day of the session. They will be given the opportunity to play with other players and showcase their skills.

Participants will be awarded with Course Completion Certificates, medals and special awards in the successful completion of the term.

Basketball Club



Football Club



Swimming Club

