



AL AIN JUNIORS SCHOOL  
INDIAN SYSTEM



United Nations  
Educational, Scientific and  
Cultural Organization



Member of  
UNESCO  
Associated  
Schools



# AJ Talkies

News Letter

May 2022

AJI Secondary

Issue 25

## Editorial

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### CONTENT

- Month of Mental Health and Sports
  - ADIBF
- Celebrating Success

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**CHILDREN'S MENTAL  
HEALTH AWARENESS  
MONTH**

END THE STIGMA



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 - Glimpses

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.

## Grade 1-3 Tug of War and Hurdle Race



## Grade 7-9 Dodgeball





# Grade 5 and 6 Basketball



# Basketball Club





# Football Club



# Swimming Club





## Abu Dhabi International Book Fair

### Power of Poetry Workshop with Dr Afra Atiq and Danabelle Gutierrez

Poetry is the expression of one's thoughts and feelings in the clearest stream of language in its finest and most crystal form. This year as part of the Abu Dhabi International Book Fair, Emirates Literary Foundation organized number of online works shops. These workshops focused on developing creative thinking among students through guided practices. Many of AJI students had the opportunity to be part of the workshop. These workshops inspired them to compose poems towards the end of the session.

