



13th June 2019

MIGS/ADM/T3/WS/PS/2019-0114

Dear Parents/Guardian,

MIGS WELLBEING WEEK: 24th JUNE TO 27th JUNE 2019

MIGS is excited to present Wellbeing Week on the 24th – 27th June 2019. During these four days, we have designed and planned various activities, workshops and talks for students, parents and teachers to help discover the *sense of purpose and awareness on wellbeing* and how we can boost our happiness.

An initiative of the Counselling Unit of MIGS and is supported and assisted by a group of parent-volunteers, senior student counsellors and teaching staff.

Below is the programme:

DAY	DESCRIPTION of ACTIVITIES	DESIGNED FOR
Day 1 Mon, 24 th June	<p>DONATION DRIVE</p> <p>Collection starts from 17th June to 8th July, 2019.</p> <ul style="list-style-type: none"> To support our initiative to help Special Needs Children at Tasputra Perkim <p>CHARITY SALE BAZAAR by PARENT-VOLUNTEERS</p> <p>Time: During snack and lunch of both schools (24th-27thJune, 2019)</p> <ul style="list-style-type: none"> To promote healthy food, drinks, mind games To sell new/used items for charity drive 	Students Parents Teachers
Day 1 Mon, 24 th June	<p>WELLBEING LIFESTYLE VIDEOGRAPHY COMPETITION LAUNCH</p> <p>Submission by 5th July 2019 Cash prizes and medal to be won for junior and senior school category Our aims are:</p> <ul style="list-style-type: none"> To raise students' awareness of mental and physical wellbeing To encourage students to be creative and innovative in creating short-film videography <p>Note: Collect Entry Form from class teacher or through online register</p>	Students
Day 2 Tues, 25 th June	<p>WELLBEING AIMED for STUDENTS</p> <p>Time: 1.30pm – 2.30pm</p> <ul style="list-style-type: none"> Speaker: Ida Hanim, expert in <i>Mindfulness, Neuroscience and Psychosomatic Analysis</i> to solve toughest challenges while sustaining wellbeing 	Senior School

Day 2 Tues, 25th June	SELF-LOVE/HUMANITY Time: 2.45pm - 4pm <ul style="list-style-type: none"> • Speaker: Terry Ghani, accomplished International Keynote Speaker and TEDx Talks for Youth. A humanitarian evangelist with close to 40 years of experience in the international corporate, consultancy, entrepreneurial and humanitarian sectors 	MIGS Staff (Admin & Academic)
Day 3 Wed, 26th June	ORAL HYGIENE TALK AND ORAL CHECK Time: 9 am – 11am <ul style="list-style-type: none"> • Dentist: Kuala Lumpur International Dental Centre (KLIDC) 	Junior School
Day 4 Thurs, 27th June	PSYCHOLOGICAL FIRST AID (WHO PROGRAM) Time: 1 – 4pm <ul style="list-style-type: none"> • Speaker: Dr Robert Chen, Associate Professor, at UTAR, experienced medical doctor and author. He practiced medicine in Canada for 25 years prior to volunteering in India and Thailand 	Parents MIGS Staff (Admin & Academic)
Day 4 Thurs, 27th June	BASIC VIDEOGRAPHY WORKSHOP FOR TEENS Time: Between 9.30 am – 12.30 pm <ul style="list-style-type: none"> • Facilitator: Sheheryar Kazi, Limkokwing University pursuing Masters in Digital Film and Television. Taken kids from various schools to different places in Pakistan or UNESCO heritage sites, conducting activities to inculcate confidence and promote skills 	Students
Tues, 9th July 2019	ANNOUNCEMENTS OF WINNERS OF VIDEO FILM COMPETITION AND DONATION DRIVE COLLECTION ITEMS/CASH Time: 8.50 -9.20am	Whole School

The **Launch of the MIGS Wellbeing Week, Donation Station and Videography Competition** will take place at the Junior School Assembly on Monday, 24th June 2019. Parents are invited to attend and support our initiative to help Special Needs Children at Tasputra Perkim. For info about them, please check their link: <http://tasputra.com>.

We will be sending promotion leaflets digitally with more information next week. These include:

- Wellbeing Week 2019 Program
- Donation Station Drive Letter
- Registration Form for Psychological First Aid for Parents
- Entry Form for Videography Competition

The Wellbeing Week initiatives are aimed to help our children achieve healthy mental and physical wellbeing as it directly affects their academic and social performance. Let's work together in supporting the children in being the best way that they can be in all areas of their learning growth.


Parents/Guardian, interested to volunteer at the Sales Bazaar or Charity Donation, please send an email of interest to School Counsellor, Esther Loh: esther.lohmeeheng@migs.edu.my

We look forward to a meaningful experience and a positive Wellbeing Week with all our members of the MIGS community.

Yours respectfully,



MS ESTHER LOH
School Counsellor
KB05565/PA04904



MS J. JOHAMI
Head of Junior School



MS KUNASUNTHARY
Acting Head of Senior School