



Date: 19th Feb 2020

MIGS/ADM/T2/WS/PS/2020-0192

Dear Parents/Guardian,

MIGS WELLBEING WEEK 2020, 24th TO 27th FEBRUARY 2020

MIGS is excited to present Wellbeing Week 2020 from 24th – 27th February 2020. The 4 (four) day event is organised by Counselling Unit and supported and assisted by Senior and Junior School, Student Council Members and Staff.

In these 4 (four) days, we have designed and planned, various activities, workshops and games for students and teachers to build awareness to improve wellbeing and making people feel better in the moment and good mental health for the future.

The four (four) days consist of the following activities:

DAY	DESCRIPTION of ACTIVITIES
Day 1, 24 th Feb, 8.00 -8.20 am	LAUNCH 1. WELLBEING WEEK 2020 At Assembly Day, announce the week planned events and activities and encourage students to be involved in Wellbeing Week 2020 Participation: Junior and Senior School
	2. MIGS WELLBEING WEEK 2020 CREATIVE ART POSTER COMPETITION THEME: HAPPY ME, HAPPY WORLD. Entry Dateline: 28th Feb 2020 PRIZE FOR BEST DESIGN POSTER FOR JNR AND SNR CATEGORY Participation: Junior and Senior School
	3. FEELINGS BOX We value talking about feelings and listen to what students have to say. Students invited to write about their feelings and post into the 'Feelings Box' located next to Library and managed by Esther Loh, School Counselor to address the needs of students. <u>Student Council Members appointed as Wellbeing Ambassadors</u> will be having conversations with students and bringing the awareness of talking about feelings helping students to feel better. Participation: Junior and Senior School
24 th -27 th Feb	

<p>10.00 - 10.40 am</p>	<p style="text-align: center;">4. NERF CHALLENGE</p> <p>Hosting our 1st Nerf Games for students and teachers. Winning team gets a Chance to play with Teachers Team.</p> <p>Participation: Senior School</p>
<p>Day 2, 25th Feb,</p> <p>Snack/Lunch Time</p> <p>3.00-4.00pm</p>	<p style="text-align: center;">1. MUFTI DAY</p> <p>Its non-uniform day for students. Students go to school in what they choose instead of school uniform.</p> <p style="text-align: center;">THEME: LOOK GREAT, FEEL GOOD</p> <p style="text-align: center;">STUDENTS CAN WEAR WHAT THEY CHOOSE TO SCHOOL. EXPRESS YOURSELF STAND OUT BUT NOT ENOUGH TO LOOK WEIRD AND INDECENT DRESS APPROPRIATELY</p> <p style="text-align: center;">PARTICIPATE IN THE RUNWAY CATWALK During snack and lunchtime for Junior & Senior (Register with Year 11 Prom Representative)</p> <p>Prize for the Best Dressed for both Junior and Senior Level will be announced end of day</p> <p>Note: For Senior Student Only Donate Rm5 for Mufti Day or Buy Drinks to raise funds to support Year 11 Prom Community</p> <p>Participation: Junior and Senior School</p> <hr/> <p style="text-align: center;">2. GROUP MINDFULNESS</p> <p>Group session exercise, mindful breathing techniques to help release of stress and calming purpose by Ms Bahar, Emotional Intelligence Trainer</p> <p>Participation: Junior and Senior School Teachers</p>
<p>Day 3 26th Feb, 7.45 – 9.00am</p>	<p style="text-align: center;">1. MY SKILLS AND QUALITIES</p> <p>Workshop lead facilitator: Mr Martin Collard, Senior Teacher</p> <p>Participation: Senior School</p>
<p>Day 4 27th Feb, 7.45 – 9.00am</p>	<p style="text-align: center;">1. MINDFULNESS TALK</p> <p>Basic training class on Essential Mindfulness Practice and Skills by Ms Bahar, Emotional Intelligence Trainer</p> <p>Participation: Senior School</p>

March 2020

**ANNOUNCEMENT OF WINNERS
MIGS WELLBEING WEEK 2020 CREATIVE ART POSTER COMPETITION**

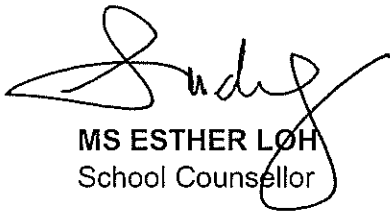
Attached with this letter are promotion leaflets for your reading:

1. Wellbeing Week 2020 Program
2. Migs Wellbeing Week 2020 Creative Art Poster Competition
3. Feelings Box
4. Mufti Day
5. Nerf Challenge

The Wellbeing Week initiatives is to help our Children achieve a good 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.

Thank you and looking forward to a Meaningful Wellbeing Week.

Yours respectfully,



MS ESTHER LOH
School Counsellor



MR JOHN PAUL BIRCH
Principal