

**ST.THOMAS SCHOOL, LONI**  
**SESSION:2024-25**  
**MENTAL HEALTH WEEK REPORT**

Mental health in schools is not just about addressing issues when they arise; it's about creating an environment that prioritizes emotional well-being as part of the educational framework.

Students with strong mental health are better prepared to face future challenges, both academically and personally. Mental health education helps students develop emotional intelligence, fostering skills such as empathy, self-awareness, and emotional regulation. These skills are essential for building healthy relationships and navigating social challenges.

**Mental Health Week at St. Thomas School, Loni was held from October 7 to October 10, 2024**, to promote mental well-being and awareness among students in classes 9 and 10. Recognizing the vital role that mental health plays in overall development, the week was packed with engaging activities that fostered emotional intelligence, self-awareness, and creativity, encouraging a supportive and understanding school environment.

### **7<sup>th</sup> October 2024**

The week kicked off with an interactive workshop on positive self-affirmations for Class 10. Students were guided to create personal affirmations that focused on their strengths and aspirations. This activity encouraged students to articulate positive thoughts about themselves, enhancing self-esteem and confidence. Students shared their affirmations with classmates, fostering a sense of community and support



### **8<sup>th</sup> October 2024**

Class 9 students participated in a creative board decoration activity where they designed posters that highlighted mental health themes. Students were encouraged to create original quotes and illustrations that conveyed messages about self-care, support, and understanding mental health. The resulting posters were displayed throughout the school, serving as visual reminders of the importance of mental well-being.

### **9<sup>th</sup> October 2024**

The highlight of the week for Class 9 was the screening of the animated film "**Inside Out.**" The movie illustrates the complexities of emotions and the importance of understanding and expressing them. After the screening, students engaged in a reflective discussion, sharing their insights about the different emotions portrayed in the film. This discussion emphasized that it's normal to experience a range of emotions and that sharing feelings can lead to better emotional health.

## 19<sup>th</sup> October 2024 -Workshop for Teachers

To continue the mental health week, a professional development workshop in collaboration with **Christ University, Delhi-Ncr** was held for teachers, focusing on "**Socio-Emotional Learning Skills and Impact on Mental Health of Educators.**" The workshop included several key components:

### **Ice-Breaking Activities:**

To cultivate supportiveness and trust among educators, a variety of ice-breaking activities were organized. These exercises encouraged teachers to share their experiences and build connections, setting a positive and collaborative tone for the workshop.

### **Open House Discussion:**

In the open house session, teachers participated in an engaging dialogue about the challenges and successes they face while supporting their students' socio-emotional needs. This collaborative exchange of strategies and insights not only fostered a supportive atmosphere but also emphasized the crucial role that educators play in nurturing the emotional development of their students.

### **Positive Self-Boosters Activity:**

To wrap up the workshop, participants took part in an uplifting activity where they shared positive affirmations and strategies to motivate one another. This session underscored the importance of self-care for educators, acknowledging that their well-being directly influences their ability to support students effectively.

