PASTORAL AND BEHAVIOUR

DEPARTMENT NEWS

ON BEHALF OF THE PASTORAL AND BEHAVIOUR DEPARTMENT, WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK OUR TEACHERS FOR THEIR HARD WORK AND DETERMINATION. HAPPY TEACHER’ S APPRECIATION WEEK! (MAY 3RD TILL MAY 7TH).

WE HAD A GREAT TIME THIS YEAR AND WE CANNOT BELIEVE THAT THIS IS OUR FINAL TERM! THIS MONTH, WE CONDUCTED LIVE WORKSHOPS AT THE JUNIOR SCHOOL ABOUT CYBERBULLYING. WE WILL BE CONDUCTING THE SAME WORKSHOP TOPIC AT THE SENIOR SCHOOL SOON.



IN ADDITION TO TEACHER’ S APPRECIATION WEEK, MAY IS A MONTH OF MANY CELEBRATIONS SUCH AS MENTAL HEALTH AWARENESS MONTH.

MENTAL HEALTH AWARENESS MONTH

MENTAL HEALTH AWARENESS WEEK MAY 2021



We are reminded that this topic does not get enough exposure, especially with younger people. Like the concept that everyone of us has physical health, each one of us also has mental health. Mental health is the state of balance in our thoughts, emotions, and behaviours. It affects our ability to relate to perform day-to-day tasks or relate to others. It is often taken for granted what we do when our mental health is in a healthy state. However, mental health can hinder us from performing optimally with our thinking, emotions, or behaviours. One in four people will need professional help within their lifetime to maintain good mental health.

There are some myths about mental health that need to be dispelled. To begin with, mental health is not imaginary or "just in your head" since it is a real experience that often times translates in physical behaviour as well and affect external relationships among other things. Secondly, mental health issues are not some we just "get over" because willpower is not enough to get us over mental health issues. Furthermore, mental illness is not something to fear. It is a health condition just like our physical health.

The causes of mental illness are not clear cut. There is a myriad of challenges that hurt mental health beginning with stress. Stress may result from work, family conflicts, strained relationships or financial issues. In more extreme circumstances, trauma can lead to negative responses even for individuals not directly involved in the event. There is also a genetic link to mental health as family history is indicative and often a predictor of mental health. Our living environment plays a role in how it shapes our mental health.

Prevention is better than a cure in physical health as well as mental health. Practicing self-care and not overworking yourself. Also, avoiding toxic relationships or cutting them off when necessary is vital as it will only deplete your mental health and surround yourself with a supportive circle of people. A healthy diet and exercise are paramount for optimizing mental health. Nobody is immune to mental health issues even if they practice these positive practices. If mental health issues occur, there is always the option of seeking professional help with a counselor, psychotherapist, or psychiatrist.

Having good mental health in our stressful world begins with awareness and we hope this helps you achieve that.

Mr. Sherif Othman

School counselor

SELF-CARE

In these times of uncertainty, we are susceptible to stress. Every week is different from the one before. This puts our minds and bodies in states of constant alertness for change. As much as the corona virus has made us flexible to alter our schedules, it has increased some people's anxiety. Thus, it's essential to practice self-care, or take care of our mental health. Here are ways you can do so:

MAKE TIME FOR YOURSELF

Coronavirus has put us in quarantines, which means that we get to spend time alone. So, this means that we get the chance to prioritize spending time on our own. This could look like taking a bath, listening to music, or reading a book alone. All these activities can help soothe, and recharge our bodies.

SET BOUNDARIES

Who doesn't have social media platforms that rub bad news in their face? Try to stay away from anxiety-provoking news platforms. If you have a family member or a friend who always shares unfortunate coronavirus news, let them know that you understand their worry but you also need a break from worrying news.

LEARN/DO SOMETHING NEW

This can help boost our self esteem and combat feelings of emptiness during these times. Seek out learning a new recipe like baking bread, make art, try knitting something, learn a new language, or find random courses online. You can also join online communities such as Facebook groups, support groups or online counseling.

BE KIND TO YOURSELF

Its okay to feel exhausted from depressing news. Its okay to feel anxious, and its okay not to have energy to see people. Enduring a pandemic has depleted our energy, and thats okay. We can re-charge our energy at our own pace. When you prioritize your needs, you can recharge and become physically and emotionally ready to achieve things and take care of others. Being kind to ourselves means pushing the pause button when we realize that we are draining ourselves. Practice being kind to ourselves through affirmations, or listing qualities that we like about ourselves every day.

Habiba Samir
School counselor



CELEBRATING EXCELLENT BEHAVIOUR, EFFORT AND DETERMINATION



Last but not least, we would like to thank the following students for their excellent behaviour, effort and determination.

YEAR 7 – GOLD ACHIEVERS							
Abdel Rahman	7F	Ismael Hani	7A	Michael Moussa	7A	Yassin El Anany	
Alia El Boghdady	7A	Ismail Ahmed	7C	Mohamed Abdelrazek	7A	Yassin El Banna	
Aliaa Gharib	7A	Karma Mohamed	7C	Nada Hesham	7E	Yassin Ghandour	
Aly El Kady	7A	Laila Abady	7D	Nour Eldin Ibrahim	7C	Yassin Sharaf	
Aya Lotfy	7F	Laila Arafa	7C	Omar Mohamed	7E	Yassin Zidan	
Farida Motaal	7C	Laila Ashmawy	7F	Omar Nehad	7A	Yehia El Mendoh	
Farida El Wakeel	7A	Laila Sakr	7D	Rafif Roushdy	7D	Zaina Ossama	
Habiba Osama	7F	Lara Sami	7D	Salma Ibrahim	7A	Zaynab Hashem	
Hamza Abu Laban	7D	Mahmoud Ashraf	7B	Sandy Waleed	7F	Seif Fathy	
Hamza El Bakry	7B	Mariam Sherif	7F	Sarah Habib	7C	Selim Mohsen	
Haneen Shafy	7A	Ibrahim Kassem	7A	Mazen Farag	7E	Ummukursum	

YEAR 8 – GOLD ACHIEVERS							
Adam Deraz	8D	Karim Gebely	8F	Nadim Samara	8E	Hegazy	
Adam Morgan	8D	Karma El Bialy	8D	Natalie Ramzi	8F	Mohamed Ehab	
Adam Genady	8C	Laila Shoukry	8D	Nour Doha	8A	Mona El Alfy	
Amina Eyada	8D	Lilly Safwat	8F	Omar Taha	8A	Mostafa Hany	
Bassem Beshto	8F	Mahmoud Tarek	8C	Omar El Sayeh	8E	Mostafa Moawad	
Belal Tahoun	8B	Malak Amr	8B	Omar Moharam	8C	Moustafa Awwad	
Danya Hani	8D	Malak Karim	8D	Omar Nagaty	8C	Nadim Samara	
Darin Hany	8B	Mansour Rabie	8E	Patrick Nabil	8F	Ahmed El Sayed	
Farid Rizkallah	8D	Mariam Abdelmoghney	8D	Princess Aisha	8E	Yassin Kira	
Gamila El Shishiny	8C	Mariam El Kady	8C	Raafat Shabana	8C	Youssef Abdo	
Gamila Mohamed	8C	Mariam Ayman	8B	Ramy Mahmoud	8A	Youssef AbouElFa	
Hannah Higgy	8E	Mariam ElKady	8C	Roba Sherif	8A	Abdelrahman	
Hanya Niazi 8E Ibrahim		Mariam Essmat	8E	Salma Mostafa	8E	Shahenaz Alaa	
Yasser 8A		Mazen Mohamed		Selim Shaker	8A	Yassin Gamal	
Judy Ahmed 8E				Yahia Ahmed	8C	Sherif Abosamra	

YEAR 9 - GOLD ACHIEVERS							
Ahmed Sherif	9C	Karma Haitham	9C	Mohamed Samy	9A	Ranim Hany	
Amira Medhat	9C	Khadija Wessam	9A	Mustafa Lotfi	9D	Yassin Khater	
Farida Mohab	9D	Kiruthik Pranav	9D	Norhan Moataz	9A	Yehia Haitham	
Farida Mohamed	9D	Laila Hazem	9B	Nour Sherif	9A	Youssef Amr	
Habiba Tarek	9A	Malak AbdelAzim	9B	Omar Hassan	9C	Youssef Sharafeld	
Hamza Samy	9A	Mariam Said	9B	Omar Tamer ElAidy	9B	Youssef Mohame	
Hussein Rashwan	9D	Hayat Ayman	9C	Omar Wael	9B	Ziad Ashraf Kabil	
Maryam AbdelHady	9B	Ramy Maged	9A	Mohamed AbdelAzim	9D		