



Well-being at ACS (International)

The staff and students of ACS (International) express their deepest condolences to all affected by the tragic events that occurred at River Valley High School on Monday 19 July 2021. ACS (International) sent RVHS a wreath expressing our sorrow and support to them.

ACS (International) welcomes President Halimah's comments citing the need for schools and parents to work together on the issue of student well-being, and for resources be channelled to schools to help support students with mental health issues. Schools need to be ever vigilant for the mental health of students and have the skill and expertise on hand to deal with these ongoing issues. Outlined below are the current steps that ACS (International) takes to oversee mental health and well-being on a day-to-day basis and at times of elevated concern.

Ongoing Initiatives

ACS Pastoral Programme

A school-wide Tutor programme has been developed that covers a wide range of issues that young people face. The programme includes issues such as Drug and Alcohol Awareness, Digital Citizenship, Child Protection and Mental Health. This programme is delivered throughout the year by the school's Tutors in their Tutor Time at the start of the day.

Counselling Support

The school employs two counsellors who provide students with emotional support as required. Both counsellors have completed their formal studies in counselling and have worked in various school settings. Our lead counsellor has published and presented research examining the factors that influence student success and achievement. Her work includes touches upon topics such as resilience, motivation, and productive giftedness. The counsellors operate a booking system for students who they see regularly. They also see students in crisis on an as-needed basis. Our counsellors connect students and families with specialist external agencies such as counselling services, psychologists, psychiatrists and medical clinics.

Pastoral Support Team

The school has a Pastoral Support Team (PST) who is responsible for overseeing the care of students. The team comprises of the VP-in-charge, counsellors, international counsellors and Learning Support Coordinator. They meet fortnightly to formally discuss students and to provide these students with ongoing support.

Well-being Week

Each year the school runs its Well-being week. The school focuses on five factors related to well-being which are: Social/Emotional, Physical, Mental, Occupational and Spiritual well-being. Each of these areas is covered throughout the week as the school educates the whole school community on the need look after each of these components to main positive well-being. The school partners with the Christian Ministry Support Workers during this week, and at other times, to help students with the spiritual aspect of personal well-being.



ACS Pastoral Programme 2021



Student Management
Pastoral Support Team (PST)

Responses to Recent Incidents

Considering recent events, the school took the approach of addressing students regarding the events:

Tutor Time

Our counsellors prepared a set of questions for Tutors to work through with their students upon their return on Wednesday 21 July. The purpose of this was to let the students know that if they have anxiety or concerns about what happened that they have avenues at the school to raise them.

For tutors:

1. Be honest in starting the conversation about the case in the morning- even if it is just to let them know they can come to you if they need to talk more. The honesty would show that you are concerned about them
2. If time is a constraint, having them do a simple 'close eyes, put number of fingers up to indicate how they are coping (e.g. 10 being badly) would give you a quick gauge.
3. Reinforce ideas of school's safety and security measures e.g. lockdown procedure in place, students to report strangers without ID badge to security or nearest staff
4. Flag up students to Charlina or me if any are indicating that they are not coping well

Parent Session

The school held an open parent session on Wednesday morning through Zoom to present the school's response. The school shared with parents the procedures and practices the school has in relation to crisis management, including lockdown procedures. The counsellors shared with the parents ways in which they can approach the subject with their children and the ongoing programmes offered at ACS (International).

From: REMOVED
Date: Wednesday, 21 July 2021 at 11:30 AM
To: Gavin Kinch - Principal <gavin.kinch@acsinternational.edu.sg>
Subject: Thank you so much from all of us

Dear Mr Kinch,

Thank you so much for making time to attend the session this morning and for addressing the parents' queries.

We are all very grateful for the school's robust, comprehensive and empathetic response to the RVHS incident. It brings us much comfort to know that our children are in good hands in school and that every effort is being made to help them get through this difficult period.

Thank you once again for being such a wise, caring and kind leader. We are truly blessed to have you as our Principal.

With much gratitude,
Parent Support Partners

Information Pamphlet

Each student in the school was provided with an information pamphlet on self-care for students to reference if required. The pamphlet includes our counsellors contact details, links to external agencies and a guide of responses based upon how you are feeling.

GETTING HELP

School Counsellors
Ms. Charlina Gozali | charlina.gozali@acsinternational.edu.sg
Ms. Stacey Low | stacey.low@acsinternational.edu.sg

Mental Health Hotlines
National Care Helpline | 1800-202-6868
Institute of Mental Health Helpline | 6389-2222
Samaritans of Singapore | 1800-221-4444
Silver Ribbon Singapore | 6385-3714
Tinkle Friend | 1800-274-4788

Counselling Services
Fai Yue's Online Counselling | www.ac2.sg
TOUCHline (Counselling) | 1800-377-2252
Care Corner Counselling Centre | 1800-353-5800

DID YOU KNOW?
JULY 24 IS INTERNATIONAL SELF-CARE DAY... MAKE TIME FOR SELF-CARE TODAY

Scan the code to share your self-care strategies with us!

HOW ARE YOU FEELING?

5
4
3
2
1

IF YOU ARE FEELING....

Ecstatic, energetic, positive
What can you do?
• Help someone else
• Notice and enjoy your positive mood
• Do something challenging!
• Work on a big assignment

Happy, calm, content
What can you do?
• Help someone else
• Notice and enjoy your positive mood
• Do something fun!
• Work on a small assignment

Neutral, ambivalent, numb
What can you do?
• Journal your thoughts & feelings
• Spend time with family or friends
• Do something active
• Do something fun

Anxious, worried, unsettled, confused
What can you do?
• Talk to a family member or friend
• Talk to a counsellor
• Focus on what you can control
• Practice meditation or relaxation strategies

Frustrated, annoyed, irritable, negative
What can you do?
• Talk to a family member or friend
• Talk to a counsellor
• Vigorous physical exercise
• Take a warm shower or bath
• Get plenty of sleep

YOU CAN ALSO TRY...

- A new sport/exercise - hit, jogging, cycling
- Channeling your creativity - journal, paint, sculpt, dance
- Going for a nature walk with friends/family
- A device or social media detox for 24 hours
- Going to bed earlier
- Doing something for someone else :)

As a school we continue to look after the well-being of our students and to provide them with the very best care and advice we can. We are thankful to our staff for their expertise and diligence in providing support for our students. We pray that our programmes will assist students with their needs and that they will always be able to approach us at times of crisis.

Gavin Kinch
Principal