

STUDENTS' WELLNESS CLUB



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Students' Wellness Club create a supportive community where students can prioritize self-care, build healthy habits, and enhance their overall wellbeing. Main purpose of this club is to promote mental, emotional, and social wellbeing among students through inclusive, engaging and supportive activities. This club provide a supportive environment where students can engage in activities that foster selfcare, build resilience and cultivate a sense of community.

The primary goal of a student wellness club include;

- **Raising awareness:** Educating peers about mental health, stress management, and healthy lifestyle choices. And also, for reducing stigma around mental health discussion.
- **Awareness Campaigns:** Educating the school community on the importance of mental health, Behavior Policy, Child protection, Anti-bullying and Drug abuse.
- **Providing support:** Creating a safe space for students to share experience and seek help.
- **Building Community:** Fostering connections among students through collaborative activities and events.
- **Inclusive Support:** Create an inclusive environment that supports students with diverse needs, including those in special education programs.