



Southeast Asian
Ministers of Education
Organization



MEXT

MINISTRY OF EDUCATION,
CULTURE, SPORTS,
SCIENCE AND TECHNOLOGY-JAPAN



2021 SEAMEO-Japan ESD Award

Theme: Securing Educational Opportunities in COVID-19 Crisis

SUBMISSION FORM

PART I: DETAILS OF YOUR SCHOOL

1. Name of your school: **SEKOLAH MENENGAH SAINS KUCHING**
2. Full address: Sekolah Menengah Sains Kuching, Jalan Batu Kawa, Off Jalan Matang, 93050 Kuching,
Sarawak, Malaysia
3. Postcode: 93050
4. Country: Malaysia
5. School's telephone number (country code+city code+telephone number): +6082642544
6. School's Email Address: pengetua.smsk@moe.gov.my
7. Name of the Head Master/Principal/School Director: Madam Haslinda Binti Jedi
8. Name of the Teacher Coordinator: Madam Janice Anak Chuat
9. Email address of the Coordinator: janejac82@gmail.com
10. School website (if available): <https://www.facebook.com/SekolahMenengahSainsKuching>
11. Educational level (Such as Kindergarten 1 to Grade/Year 9): Grade 7 to Grade 11 (Secondary School)
12. Total number of teachers in your school: 59
13. Approximately number of teachers participated in this programme: 100
14. Total number of students in your school: 454
15. Approximate number of students participated in this programme: 650

PART II: INFORMATION ABOUT THE SCHOOL'S PROGRAMME

The information of part II from no.1 to 13 should be no longer than five (5) pages long of A4 in total. The information should be written in **Times New Roman/Calibri font, font size 11.**

1. Title of the school's initiative

Mental Support Programme Series: Mental Health Alleviation Campaign (Speak-UP, Share Your Feeling, Parent Talk, Healthy Reading, Brighter Future)

2. Summary of the initiative (a half page of A4)

In the midst of war against COVID-19 pandemic, citizens are always instructed to stay at home accompanied by frequent lock downs to further rationalise the efforts. Despite being the most efficacious procedure to abate the infection rates of COVID-19 spreads in the society, citizens are most vulnerable towards degenerating health problems especially mental health issues which leads to less productivity and disinterest of individuals in working and studying. Furthermore, mental health issues most commonly experienced by students all across the world as they have to endure the inconvenient ways of continuing their studies online with unrealistic interactions with friends and also be distracted by family matters, connection coverage and disturbance from other stimuli.

In pursuing this problem, **SEKOLAH MENENGAH SAINS KUCHING (SainsKu)** had devised strategies and future plans in the form of programs and trusted information regarding how to manage mental health and oneself in life, thus giving expositions to teachers and students on their roles as citizens to address the issues emerged due to mental health problems such as stress, intense depressions and suicides.

In conjunction to this issue, our school community ranges from students, teachers, alumni and affiliates are collaborating to motivate students and deliberately improve the society in **a series of Mental Support Programmes. Mental Health Alleviation Campaign** which comprises of five (5) main aspect/principle (**Speak-UP, Share your Feeling, Parent Talk, Healthy Reading, Brighter Future**) (*Kindly Refer Document 1 Page 1*) to be implemented in our school as as a stepping stone and platform in which the school community are able to completely control their mental health and master handful of skills, knowledge, self confidence, good virtues, dealing with personal issues, attitudes and most importantly time, predicament and life issues management expertise in daily life and also the society for healthier mental health.

In order to further effectively execute this act, our school had taken a meticulous plan conducted specifically for students: **SAINSKU DEVELOPMENT PLAN** (*refer Photo 4*) aiming to inspire the school community to be involved in motivational and empowerment activities activities which had been planned and conducted together online. There are 9 main activities which had been planned and carried out throughout the **Mental Health Alleviation Campaign** period from March of 2020 until present (2021) focusing on improving the school community attitudes, virtues, mental healths and well being in life.

3. Objectives/goals of the school's initiative

Through full commitments on this programme, the teachers, students, staff members, parents, alumni and affiliates of **SEKOLAH MENENGAH SAINS KUCHING (SainsKu)** is able to:

- (a) Understand and investigate the consequences of inadequate mental healthcare on human and the productivities not only in school but also applicable to other community as well as what are the initiatives that can alleviate the problems
- (b) Promote awareness in the importance of taking care of mental well-being to improve self motivation and disciplines for greater performances and qualities of responsibilities during lock downs period.
- (c) Explore the wonders of Sustainable Development Goals (SDGs) via interactions with people around the world to gain better encouragement and input in addressing the issues of mental breakdown in daily life.

4. Period of the time when the initiative was/has been started

From March 2020 to now (present)

5. Activities (strategies/activities of implementation, and brief information of each activity)

Activity 1 : Pep Talk and Leisure With Alumni (Borak-Borak Bersama Alumni) (Brighter Future)

Since the current circumstance of the pandemic severely inhibits physical and real-life interactions between the school community, our school is entirely ready to support our students and members in term of mental health and emotional maintenance. *(Kindly Refer Document 1 Page 7-8)*

In the vast community of **SainsKu**, anyone can become volunteers in the act of helping students and teachers to recover from any disturbances or breakdown under direct supervision of the school. In this case, our school's alumni have come together to host an event for the school community which involved speeches and idea sharing between successful alumni and students from various international universities such as University of Southampton England, University of Adelaide, Australia, university in United States of America, Japan and South Korea . Our school students are strongly exposed to the secret of success and how to counter mental problems in the act of attaining the best in examinations and self achievements through the event which started in the 3rd of July 2021 (launch) until present (individual QnA through social media). Moreover, this event which is conducted online is a sub-chapter of the **Mental Alleviation Campaign** for greater motivations of studying and mental care in students as they are able to ask questions on how to deal with various problems in life. Subsequently, the event also contributes to the extra co-curriculum activities and marks for student easily from the comfort of their homes.

Activity 2 : How to Face 'VUCA World' Age Specification Challenges and Core subjects (Speak-UP)

(Sharing Session With Vision 2020 [Alumni])

The programme was co-organized by Alumni and **SainsKu's** Counselling & Guidance Unit that highly emphasises on the threat of **VUCA World** towards our students and school community which we are experiencing from the get go of the pandemic due to the current circumstance. **VUCA (Volatility, Uncertainty, Complexity, Ambiguity)** which closely resembles the situation of the world currently proves highly problematic towards the productivity of students in class and mental well being due to the rapid change in the environment and norms of people in assessing the pandemic.

The aim of this programme in response to **VUCA World** is to instil mental healthcare, learning strategies and construct flexibilities as well as adaptabilities within the school community and local communities such as parents, school authorities and affiliates in order to create a conducive atmosphere by nurturing them on how to equally manage mental health and education. In term of mental health, the programme strongly focuses on the talk to talk between student and alumni on what is deeply concerning their mental health and emotion via relaxing conversations yet efficient supports between 'siblings' to improve the bad perception of the school community towards the entropy of **VUCA World** through various positive breakthroughs. Hence, we are not running away from the percentage of chances of lock downs happening and we also cannot afford to let students waste their time not focusing on their future (education) by withering away by the immense bad effects of lock downs period, therefore we believe that students are able to recover back from the severity of the pandemics towards their mental healths to **VUCA World** challenges. *(Kindly Refer Document 1 Page 2-5)*

Activity 3 : SPEAK UP: A Public Speaking Workshop For The Youth 2021 (Speak-UP)

(Kindly Refer Document 1 Page 6)

The Form 4 students (MaGS 4), English Panel, English Club and **SainsKu** alumni had organised a “Public Speaking Workshop For The Youth 2021” as comfortable platform for students to learn not only specified to English Language but also the ways of individuals to **SPEAK UP** and give opinions when facing difficulties in life. Furthermore, the workshop also slowly but surely helps students to build up their courage inside and able to share or **SPEAK-UP** when struck by problems and distractions which affect their mental health.

Activity 4 : Student Hub Launch: Secondary Students From Malaysia, Philippines, India & South Africa.

(Brighter future) (Kindly Refer Document 1 Page 9-15)

SainsKu believe that one of the ways you can further get a grasp on ideas in solving today’s issues are by reaching out to people around the world and through collaborations between schools. Therefore, our school had selected several participants (teacher & students) to take part in the “**Student Hub Launch: Secondary students from Malaysia, Philippines, India & South Africa**” as a medium for students between countries to interact with one another regarding global issues, global learning, global communication and global towards the circumstance of the pandemic. As a result, students can further become resilient when going through lock downs after knowing the circumstances of other individuals from other country as well as being able to get further insight about Sustainable Development Goals (SDGs) for the sake of our future.

Session 1 ; Introduction to the Student Hub And Exposition to SDGs

Activities : (1)It’s All About YOU!, (2) Name Picker, (3) Let’s Chat!, (4) A Challenge

Session 2 ; What’s Your Culture? (Unity In Diversity)

Activity 5 : Motivational Speech ARSYN 2021 & E-PROFILE Exposition (Share Your Feeling)

[Kindly Refer Document 2 Page 2-7]

SainsKu’s Counselling & Guidance Unit and affiliates had organised a motivational speech for Form 5 students (**Batch Name: Audacity, Respect, Sagacity, Youth, Nationalism [ARSYN]**) as a terminal for the school to monitor and further motivates the students who are going to sit for public national examinations in 2022. The motivational speeches are not only limited to the Form 5 students but were also organised for every students in different time. Other than that, students are also exposed to **E-PROFILE** using Google Documents to create online sites about themselves which deliberately promote self-loves, confidences and motivations based on their current achievements and future goals.

Activity 6 : Let’s Read Together Programme For 10 Minutes (READING IS THERAPY) (Healthy Reading)

We are also mesmerised by the efficacy of utilising reading a therapy session which is implemented in **SainsKu** everyday and especially in April each year specifically 23rd of April 2020 and 22nd of April 2021. The special occasion is called “**Let’s Read Together Programme For 10 Minutes**” with the purpose of encouraging the the love of reading books in students, improving multi-lingual capabilities and most importantly become one of the most comfortable ways for the school community to relieve stress, regain emotional strength through calm reading sessions as well as spending their leisure during lock downs period with beneficial activities. **(Kindly Refer Document 2 Page 8)**

Activity 7 : School Progress’ With Parents and Student (Parent Talk) [Kindly Refer Document 2 page 1]

SainsKu which involves the Principal, senior assistants and head of various fields had set up a meeting with parents and students once a month to address their involvements in online classes, what are lacking, what needs to be improve and their contributions in each subject. In contrast, the parent side of story is able to give reports and summarise the students mental health, potential disturbances and also their responsibilities as a son/daughter. Consequently, the meeting is able to create intuitions in parents

to not hardly burden their children with many house chores and responsibilities as they also need to focus on their education daily which may greatly affect their mental well-being.

Activity 8 : Student's Voice Group Sainsku Community Services, Prefect's (MPM) sites, Orientations and

UNIMAS Sustainability Sharing (Share Your Feeling) [Kindly Refer Document 2 Page 9-19]

Sainsku Student's Voice Group plays their parts by creating positive initiatives which involved spreading motivational messages to the community regarding how to spend time beneficially during lock downs period. In addition, they had also created a video which suggest various activities which can be conducted during lock down periods such as exercising, doing homeworks, tips and tricks on home cleaning, cooking and stay at home encouragements. We also executed various events in schools before lock downs, create websites for reports and sharing sessions with local institutions.

6. Teaching and learning approaches/strategies that the school has integrated for this school initiative

Our school as a boarding school had developed various approaches and activities which are conducted to help the school community to gain skills and understanding for self improvements, better mental health management and equilibrium between education and mental well-beings

(Both for the programmes and daily online-based classes)

Learning Strategies:

Visualisation, cooperative learning, inquiry-based instructions, differentiation, technologies in the classroom, behaviour management, professional management & development and gamification.

(Kindly Refer Document 3 Page 1-3)

Teaching And Learning Approaches/Strategies

(1) Students had watched interactive powerpoint presentations and videos for a clear understanding

(2) Teachers will host a Google Meet sessions with students and uses various application such as Google Jamboard, Breakout Rooms, Canva, Peardeck, Inknoe Classpoint, Quizziz and Colorado.edu. for presentation purposes.

(3) Supervision and evaluation are done by the attendances, leaderboards, progress in education and opinions shared in Google Forms.

(4) The knowledge and class lessons can be implemented by students in their side co-curricular activities and competitions as a result of the effectiveness of the programmes.

Examples : (1)Activity 1 & 3 : Pep Talk & Leisure With Alumni and SPEAK UP

Strategy involved: Professional Management & Development

-make students engage more in online activities to maintain their professional credentials

7. Participation of community and parents in the school initiative (Kindly Refer Document 3 Page 6)

SainsKu is working together with a number of affiliates especially alumni, school partners and educational associations to implement this programme. Initially, we included our three (3) chairpersons from Parent-Teacher Association (PTA), School Board of Management and School Alumni Association respectively to be our school advisors in our **Mental Alleviation Campaign**. Shortly after, most of the school community members representing different clubs and panels also decided to step-up in leading several activities as parts of the main campaign. Not only that, **SainsKu** had also execute collaborations with institution such as University of Malaysia, Sarawak, Service Learning Malaysia (SULAM) and LeapED Global Learning to further organised more activities which will become the completing pieces of our programme.

8. Monitoring and evaluation mechanisms *(Kindly Refer Photo 4 & Video)*

As an evaluation mechanism in monitoring the advancement made and the efficacy of the implementation the programme throughout the year, at least 10 separate meetings had been conducted by the School Administration Committee for different Forms (MaGS), school development purposes and various Google Forms is distributed from 2020 -2021.

9. Effectiveness of the school initiative to learners, teachers, families, and community

The school, teachers and students had a good partnership with the school authorities and stakeholders such as School Board of Management, Parent-Teacher Association (PTA) , School Alumni Association and NGOs and also the close collaboration with other four (4) schools from 3 countries as well as a institution in Sarawak to work together to contribute . Besides, the implementation of the programme throughout these 2 years (2020 - 2021) the mental health and motivations of students and teachers had swiftly increased where they are more well-versed in managing their mental health, hence succeeding in many contribution to the school academically and even in co-curriculum. The programmes efficiently help students to realise their dreams to reach for the stars and is able to participate in numerous competitions locally and internationally. *(Kindly Refer Document 3 Page 8-10 & Photo 5)*

Examples of the success attained by **SainsKu** during the pandemic and lock downs period are as follow:

- (a) 11th Years Of Trust School Award Under Yayasan Amir and LeapED
- (b) Platinum Award In Environmental Science In Malaysia International Young Inventor Olympiad 2021
- (c) Selected for the school to participate in Student Exchange Programme To United States of America
Under The Kennedy-Lugar Youth Exchange & Study Program 2021
- (d) Star Innovators (Silver) International Digital And Invention Challenge (IDIIC) 2021

10. Plan for future

SainsKu Administration Committee had always included every initiatives conducted within the school development plan as a short term, middle term and long term planning which was also documented and done in the school meetings. Moreover, through the (5) main aspect in the Mental Alleviation Campaign , the activities which we had organised had been done since before the pandemic showing our cares towards the school community to create a long-lasting mental problems inhibitors for **SainsKu** to strive in productivity in school. As an example, **Let's Read Together Programme For 10 Minutes (READING IS THERAPY)** had been done every year by the school to promote good reading habits in school as well as therapy using books and we would like to further continue the initiatives further in the

future. Therefore, the future developments which we want to take into actions are more collaborations done with other schools whether locally or internationally to obtain a great gripping point for the societies to improve their perspectives on mental issues (*Please Refer Document 3 Page 6-7*). Lastly, we also ought to continue organising various programme in schools physically as a continuation to the campaign based on the (5) main aspects of mental healthcare by doing the activities live where every students, teachers, affiliates, alumni and even partnerships with more institutions, schools and NGOs in the war against mental health issues as a preparation for new generations in the future to generate ideas for when mental health problems will a rise again due to future lock-downs.

11. Interrelationship of the school's programme with other Sustainable Development Goals (SDGs) (Please refer to page 2 in the Information Note or <https://sustainabledevelopment.un.org/sdgs>)

SainsKu will no doubt persevere in the aim of realising the United Nations Sustainable Development Goals (SDGs) as a guide which everyone can follow specifically in improving the school community and global citizens mental well-being which directly influences their health, reaching universal access to education as well as creating a mental problem-free society.

Through the implementation on the programmes, the students are able to manage and maintain their mental health as well as their well-being which is in line with **SDG 3 - Good Health And Well-Being**. Hence, this will effectively helps the communities around the world to practice good mental health management and prevent a large margin of life threatening actions such as self harms and suicides.

Schools firmly emphasise on better education for future generations as in **SDG 4 - Quality Education**. Thus, our programmes strongly relates and combine educations in mental health supports to create a more universal stress-free environment for students to study comfortably. As a result, stable emotional and mental conditions will enormously boost the societies' motivations to learn, strive and attain more knowledge based on strategies, 21st Century Learning and utilisation of various educational applications.

Lock down periods hinder peace and justice as mentioned in **SDG 16 - Peace, Justice And Strong Institutions**. Therefore, **SainsKu** as a sympathetic member of the country helps by organising and taking parts in programmes and brainstorming sessions in collaboration with various institutions to build a strong connections which can strengthen justice besides promoting peace in the societies for sustainability.

SDG 17 - Partnerships For The Goal highly emphasises on teamworks and how we as a group of societies can come together to provide methods on overcoming various issues globally including mental health during lock downs period. Our programmes had conducted numerous collaborations with schools and institutions and we learn that the power to change and help others comes from cooperation with people around us to alleviate mental problems. (*Kindly Refer Document 3 Page 3-6*)

In conclusion, the five (5) aspects focused in our school programmes in mental healthcare is crucial to satisfy the four (4) SDGs above. Thus, together we stand mightily and perform for a sustainable and healthy future.

12. Link(s) to the information of school's initiative in social medias such as facebook, website, youtube

SAINSKU FACEBOOK PAGE: <https://www.facebook.com/SekolahMenengahSainsKuching/>

School Prefect's Site: <https://majlispemimpinmuri.wixsite.com/website>

E-PROFILE Students :- <https://sites.google.com/view/e-profile-peter-mason/home?authuser=0>

- If the supporting documents are in the local language, please provide a brief description in English language.

Maximum of three (3) supporting documents can be submitted with this submission form.

Document 1) (File name) MENTAL ALLEVIATION CAMPAIGN (BRIGHTER FUTURE&SPEAK UP)

Document 2) (File name) SHARE YOUR FEELING, PARENT TALK AND HEALTHY READING

Document 3) (File name) EFFECTIVENESS, FUTURE DEVELOPMENTS AND RESULTS OF THE PROGRAMMES

14. Photos related to the activity/programme (Maximum of five (5) photos with captions in English)

Photo1



Brighter Future & Speak-UP Activities

Photo 2



Healthy Reading & Parent Talk Activities

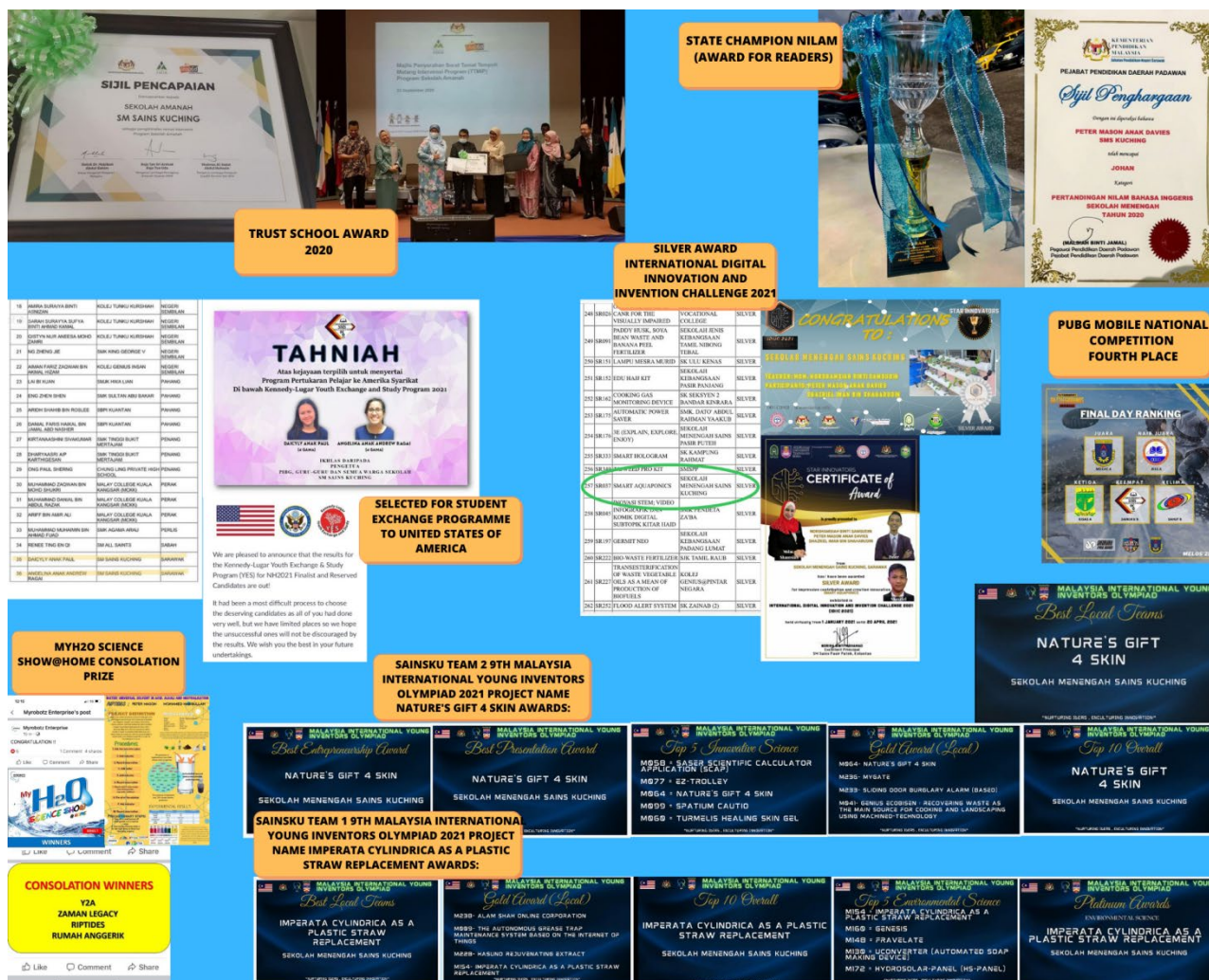
Photo 3



Share Your Feeling & More Activities On Mental Health Alleviation Campaign

(Teachers, Parents, Alumni & Students)

Photo 5



SAINSKU'S Awards & Achievements As A Result Of Good Mental Health Management
(Effectiveness Through Results)