



iSP International
Schools
Partnership

Friday October 3rd 2025,

Dear parents,

Next week – from Monday October 6th to Friday October 10th – is Mental Health Awareness Week in Straits International School Rawang. Our school calendar aligns with World Mental Health Day, which is observed annually on October 10th in order to raise global awareness about mental health issues and which also seeks to mobilise support for mental wellbeing. First celebrated in 1992 by the World Federation for Mental Health, the day aims to reduce the stigma surrounding mental illness and promote mental health care for all. Each year, a specific theme is chosen to highlight different aspects of mental health, such as mental health in the workplace.

Our awareness of and support for all things related to mental health and mental wellbeing is not restricted to only one week throughout the academic year, of course, and we have a number of key strategies and initiatives in place at all times which are designed intentionally to support our Straits International School community on a daily basis.

For instance, we have a fully-licensed and highly-experienced professional counsellor – Ms. Tapisha – on our team. Ms. Tapisha is both known and respected by students (and indeed her peers) and is based in our Zen Den area on the second floor from where she provides therapy sessions for students and offers targeted support and coping tools for specific concerns to students.

Education about mental health issues is constant and ongoing in Straits International School Rawang. Each year group has regular talks about relevant wellbeing topics. For example, we recently conducted sessions on emotional regulation for students from Years 2 – 6, with further sessions planned for throughout the academic year. In addition, our secondary moral lessons and primary PHSE lessons focus on key issues such as developing healthy friendships, staying safe online, being prepared for the challenges of growing up, and managing stress & anxiety.

Embrace Unity, Innovate Today, Create Tomorrow | Raikan Perpaduan, Inovasikan Hari Ini, Cipta Masa Depan | 团结一心，今日创新，创造明天

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Our primary students also take part in our Friendly Faces programme, whilst our secondary students become members of our Wellbeing Team. Our teachers also have their own Wellbeing Committee – a group which has already supported a number of positive strategies becoming implemented in our school.

Each week, you will also be able to read specific wellbeing communications via our primary & secondary newsletters, with frequent tips for both students and parents. This is part of our ongoing efforts to normalise talking about mental health and – in line with the aims of the World Mental Health Federation outlined above – to remove the stigma associated with mental illness.

As always, if any parents would like to contact me about any of the points above, or indeed about any other issues, then you are always welcome to do so via the email address below.

Yours sincerely,



Steven Miles.
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