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Geita Gold International School (GGIS) Joins AngloGold Ashanti-Geita Gold Mine in Celebrating Mental Health Awareness Month

Geita Gold International School proudly joined AngloGold Ashanti in celebrating **Mental Health Awareness Month**, highlighting the vital importance of mental well-being within our learning community.

At GGIS, we recognise that **a healthy mind is the foundation for growth, learning, and success**. As educators, we advocate daily for the importance of building strong mental health habits from an early age. Our belief is that emotional balance and self-awareness begin at school — **where children learn not only academics, but also empathy, resilience, and self-care.**



To mark the occasion, students came together to design creative posters, share personal reflections, and engage in open discussions about what mental wellness means to them. The activities sparked meaningful conversations, fostering understanding and support among peers and teachers alike.


Research has consistently shown that **children who grow up in emotionally supportive and stable homes** are more likely to develop strong mental health foundations and coping skills later in life.

According to studies by the **World Health Organization (WHO) and UNICEF**, children who experience open communication and emotional safety at home show improved resilience, stronger social relationships, and better academic outcomes. A home environment that encourages listening, empathy, and emotional regulation can significantly reduce the risk of anxiety, depression, and behavioural challenges.

Similarly, evidence from the **Harvard Center on the Developing Child and the OECD's Education and Well-Being reports** indicates that schools that deliberately integrate mental health education — through open dialogue, creative expression, and mindfulness-based learning — contribute directly to improved academic engagement, emotional intelligence, and long-term well-being.

Head of School, Mr. Basil Sadler, reflected on the importance of the initiative, saying:

"Mental wellness is not just a topic for adults — it's a lifelong journey that begins in childhood. At GGIS, we strive to create an environment where every child feels valued, supported, and equipped to handle life's challenges with confidence and compassion."

At GGIS, this celebration served as a reminder that nurturing mental health requires collaboration between schools, families, and the broader community. Together, we can ensure that children grow up in environments — both at home and at school — that value emotional balance, kindness, and resilience.

We are proud to stand in solidarity with AngloGold Ashanti's commitment to promoting mental wellness across all its operations. Recognising and supporting mental health is not only essential for a thriving workplace — it is also key to nurturing the next generation of healthy, confident, and compassionate individuals.

As part of our ongoing commitment to promoting mental and physical well-being, we also encourage all staff to take part in the weekly Health Walk sessions held every Tuesday and Thursday. These walks offer a great opportunity to step away from the day's demands, enjoy fresh air, and engage with colleagues in a relaxed and supportive setting. Regular physical activity has been proven to boost mood, reduce stress, and enhance overall mental clarity — aligning perfectly with our focus on holistic health. Let's take these moments to prioritise our well-being, together.