

This term, ECA's have been run differently. The new normal has been to conduct an ECA virtually and we have been working with our students on MUN Impact. In 2015, countries adopted the 2030 Agenda for Sustainable Development Goals (SDGs). These are a set of 17 goals for the world's future which have been agreed to by nearly all countries focusing on how MUN can make an impact to accomplish these goals. Despite there being 17 SDGs, MUN Impact at NIA have chosen to concentrate on SDG3, which focuses on 'Good health and Well-Being'. SDG3 aims to promote a healthy lifestyle and mental well-being at all ages. This year more than ever, the importance of a healthy lifestyle and mental well-being has been more pertinent than ever. Our students have participated in virtual workshops with MUN ambassadors and articulated ideas on how they can help students improve their health and mental well-being. The students prepared a virtual presentation for the school and examined different ideas on how everyone could get involved. One way we have tried to achieve this is by conducting a virtual talent show. Students were asked to showcase their talents so we as a school, could not only discover the hidden talents many students have, but also learn how many students look after their well-being. These have included painting, drawing, singing, dancing, exercising and practising mindfulness. There have been some fantastic methods our students use to look after their health and mental well-being. We are very much looking forward to continuing with our campaign next term where we will delve into the project further by holding different events.









